Concussion Protocol
Napoleon High School
Ben Lloyd M.S. ATC

Concussions are serious injuries and must always be treated as such. All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and treated properly. Signs of a concussion may show up immediately following injury or hours later. The following protocol lists signs to look for in an injured athlete and gives the steps that should be taken by coaches at practice in the event an athletic trainer is not immediately present.

**Signs/Symptoms:**
- Loss of consciousness
- Headache
- Dizziness
- Blurred/Fuzzy/Double vision
- Sensitivity to light/noise
- Nausea

**Practice:** If an athlete exhibits any of the above mentioned symptoms at a practice where the athletic trainer is not present the following steps should be followed.

1. **ANY** loss of consciousness IMMEDIATELY call the squad (419-592-0055) or 911. DO NOT attempt to move the athlete in any way.
2. Call the athletic trainer (Ben Lloyd 419-708-9153).
3. If any athlete complains of any of the above mentioned symptoms without loss of consciousness immediately remove them from practice. Keep a coach or player close at hand to monitor symptoms. Contact athletic trainer.
4. DO NOT return athlete to practice.
5. DO NOT return athlete to practice or competition the following day without clearance from athletic trainer.
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Signs/Symptoms:
- Loss of consciousness
- Headache
- Dizziness
- Blurred/Fuzzy/Double vision
- Sensitivity to light/noise
- Nausea

Home Game: If an athlete exhibits any of the above mentioned symptoms at a home game where the athletic trainer is not present the following steps should be followed.

1. ANY loss of consciousness IMMEDIATELY call the squad (419-592-0055) or 911. DO NOT attempt to move the athlete in any way.
2. Call the athletic trainer (Ben Lloyd 419-708-9153).
3. If any athlete complains of any of the above mentioned symptoms without loss of consciousness immediately remove them from the game. Keep a coach or player close at hand to monitor symptoms. Contact athletic trainer.
4. DO NOT return athlete to competition without clearance from athletic trainer.
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**Signs/Symptoms:**
- Loss of consciousness
- Headache
- Dizziness
- Blurred/Fuzzy/Double vision
- Sensitivity to light/noise
- Nausea

**Away Game:** If an athlete exhibits any of the above mentioned symptoms at an away game where an athletic trainer is not present the following steps should be followed:

1. **ANY** loss of consciousness IMMEDIATELY call 911. DO NOT attempt to move the athlete in any way.
2. Contact the athletic trainer on site (try and know where they will be before the game starts).
3. If any athlete complains of any of the above mentioned symptoms without loss of consciousness immediately remove them from the game. Keep a coach or player close at hand to monitor symptoms. Contact athletic trainer at away event.
4. DO NOT return athlete to competition without clearance from athletic trainer at away event.
5. Contact Ben Lloyd via e-mail or text after competition that injury occurred.
Post Concussion Return To Play Protocol

Following the diagnosis of a concussion, ALL athletes will follow a six step return to play progression.

Step 1. NO exertional activity until asymptomatic for 24 Hrs.

Step 2. Once cleared (symptom free), begin low impact activity (walking, biking, elliptical) under direct supervision of athletic trainer.

Step 3. Begin aerobic activity fundamental to specific sport. May begin progressive strength training activities.

Step 4. Begin NON-CONTACT skill drills specific to sport.

Step 5. Full contact in practice setting.

Step 6. Game play/competition.

- Athlete must remain asymptomatic in order to progress to the next level. An athlete will not progress more than one level per day.
- If symptoms recur, athlete must return to previous level and be re-evaluated by athletic trainer or medical doctor.
- Re-evaluation by athletic trainer of medical doctor must occur before return to full contact.