

RETURN TO PLAY CONCUSSION GUIDELINES FOR LAKE WASHINGTON HIGH SCHOOL STUDENT-ATHLETES

- The athlete must be symptom free for 24 hours without pain medication in order to move past Day 1 on the following return to play protocol.
- The athlete must remain symptom free in order to move on to the next stage, and may only move one state per 24 hours.
 - Step 1: 24 hours of no symptoms
 - Step 2: Moderate aerobic activity – supervised by Athletic Trainer
 - Step 3: Begin sport specific exercises/drill/or weight room activities – High aerobic activity (non-contact)
 - Step 4: Non-contact training drills/practice with team
 - Step 5: Full contact practice
 - Step 6: Competition – Full Return to Play
- If the athlete displays symptoms at any time during the six day gradual return to play, they will return to previous step or more if deemed necessary.

If you have any questions or would like to contact me personally, please feel free to do so.

During this Return to stages – at state 2, we will re-administer the IMPACT test to compare with the athletes Baseline test. We will send our results to a Sports Neuropsychologist for the test readings.

We will also need a physicians note prior to releasing to FULL RETURN TO PLAY.