

CONCUSSION STAGE OUTLINE

Summary of the steps required to complete the school concussion protocol

1	Initial Evaluation & Documentation • The athlete is evaluated for a possible concussion. • If a concussion is identified, the injury is entered into Final Forms and the concussion protocol begins.
2	Daily Symptom Monitoring • The athlete must check in with the Athletic Trainer each school day. • The athlete completes the symptom form daily so symptoms and recovery can be tracked. • On weekends or non-school days, the athlete may use the online symptom-tracking form provided by the Athletic Trainer.
3	Complete & Report Each Return-to-Play Stage • Each stage of the return-to-play progression must be communicated to the Athletic Trainer. • The Athletic Trainer will document each completed stage in Final Forms and confirm whether any symptoms or problems occurred. • If the athlete does not check in with the Athletic Trainer, that day cannot be counted as a completed stage of the protocol.
4	Team Practice Stages • Stages 4 and 5 are completed with the athlete's team during practice. • If a stage falls on a game day, it moves to the next available team practice day. • Game participation does not count as a return-to-practice stage and cannot be used to advance the protocol.
5	Post-Injury ImPACT Test • The athlete must complete the post-injury ImPACT test as directed by the Athletic Trainer.
6	Final Medical Clearance • Final clearance must be obtained from an approved medical provider: MD, DO, ARNP, or PA-C. • The Athletic Trainer can provide evaluation notes, symptom history, and post-injury ImPACT results for the medical provider to review. • A medical note must specifically state that the athlete is cleared to return to sport. Future-dated clearance notes will not be accepted.

Communication is essential. The athlete should communicate with the Athletic Trainer throughout the concussion protocol. Failure to check in or report completion of a stage may delay progression and the athlete's return to participation.