

CONCUSSION GUIDELINES

Features of a concussion are: Vacant stare, Confusion, Delayed verbal/motor response, Lack of attention, Slurred/Incoherent speech, Incoordination, Memory deficits, Loss of consciousness.

GRADE 1 MILD	No LOC Concussive Sx lasting < 15 min
GRADE 2 MODERATE	No LOC Concussive Sx > 15min
GRADE 3 SEVERE	ANY LOC

Sx=Symptoms

LOC=Loss of consciousness

Field Evaluation: Orientation (Place, month, date, day of week, year, time); Concentration (count backwards); Memory (3 trials of 5 words), External provocative test (running, push ups) & Neurological evaluation.

Return to Play (RTP) Guidelines

Grade	First Concussion	Second Concussion	Third Concussion
1	May RTP if asymptomatic for one week	RTP in 2 weeks if asymptomatic during the last week	Terminate season; may RTP next season if asymptomatic
2	May RTP if asymptomatic for one week	4 week minimum; then May RTP if asymptomatic during the last week consider terminating season	Terminate season; may RTP next season if asymptomatic
3	4 week minimum; then may RTP if asymptomatic during last week	Terminate season; discourage any return to contact sports	