

E.O. Smith High School
Procedures for Concussion Guidelines

1. Baseline Impact testing is required for all student-athletes prior to participation in EO Smith athletics. Testing will be conducted prior to the student-athletes freshmen and junior years. If a sophomore or senior who had not previous played sports at EO Smith wishes to participate in athletics, they must also complete the baseline test. Student-athletes who take the test during their sophomore year will have to take it again prior to their junior year. Any student athlete who transfers from another school will have to take the Impact test even if they have previously taken it.
 2. Once a student-athlete is suspected to have sustained a concussion, the coach and/or athletic trainer will withhold that individual from play. If the athletic trainer is not present, the coach will call the athletic trainer. The student-athlete is not to return to play until evaluated by the athletic trainer. If the athletic trainer is not present the student-athlete is to be withheld from play until seen by the athletic trainer the following day.
 3. The athletic trainer will assess the signs and symptoms of the student-athlete and determine the appropriate course of action in accordance with their Standing Orders.
 4. If the student-athlete has sustained a concussion, the coach and/or athletic trainer will notify the nurse's office of the incident.
 5. A follow up Impact test will be conducted as soon after the injury as feasible. The results of the baseline and the 1st post-injury Impact tests will be sent via email to Dr. Daniel Veltri for interpretation and review.
 6. The student-athlete will continue to be retested once a week, or as directed by Dr. Veltri, until post-injury test results return to pre-injury levels. All decisions will be made per Dr. Veltri in cooperation with the athletic trainer.
 7. The athletic trainer will return the student-athlete to play only with written or verbal consent from Dr. Veltri, verifying that it is safe for the student-athlete to return to physical activity/sport.
 8. Prior to return to play, the following steps must be taken:
 - A. Be seen by their primary care physician (PCP)
 - B. Impact test back to within normal range of their baseline
 - C. Be cleared by Dr. Veltri
 - D. Successfully complete the 5 step return to play protocol*
 - a. Day 1: conditioning = 20 min
 - b. Day 2: conditioning along with speed/agility drills = 30 min
 - c. Day 3: Sport specific drills with no contact for > 45 min
 - d. Day 4: Practice with partial/controlled contact
 - e. Day 5: Full practice
 - f. Day 6: Return with no restrictions
- *Impact testing may be conducted immediately after any of the previously mentioned days as directed by Dr. Veltri.
9. If the athletic trainer questions whether it is safe for the student-athlete to implement the medical authorization for to return to play, the athletic trainer will consult with Dr. Veltri.

10. Coaches will never, under any circumstances, override the decision of the athletic trainer to withhold or return a student-athlete to play.
11. Impact test results may also be sent to parents and PCPs at their request. Impact tests will not be sent to any other person/group without written consent from the parent/legal guardian.
12. If academic accommodations are needed, this decision will be made between the nurse's office, the PCP, the guidance department, and/or the parents.