

Seton Hall Preparatory Concussion Policy

Procedure for suspected concussion

1. The student athlete with concussion symptoms must be removed from their activity immediately with no return to play that day. No exceptions.
2. The student athlete will be referred to their physician (or hospital) for diagnosis.
3. If concussed, they must be symptom free for 7 days. The 7 days begins once symptoms disappear
4. They then (and not prior to) will start functional testing of 4 days
5. They must be cleared by their physician to return to play

Return to Play (RTP) Procedures after Concussion

1. Return to play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity.
 - Asymptomatic at rest and with exertion and have written clearance from their primary care provider which has been trained in or is a concussion specialist (**he or she has received training in the evaluation and management of concussions (N.J.S.A. 18A:40-41, 4)**)
2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process noted in the RTP sheet. (This progression must be supervised by SHP Certified Athletic Trainer or outside facility who is managing the injury).

6-Stepwise (Exertion protocol) progression

Step 1: No activity, complete physical and cognitive rest. The objective of this step is recovery. 1 week without symptoms (7 full days).

Step 2: Light aerobic exercise, which includes walking, swimming or stationary cycling, keeping the intensity < 70% maximum percentage heart rate; no resistance training. The objective of this step is increased heart rate.

Step 3: Sport-specific exercise including skating, and/or running drills; no head impact activities. The objective of this step is to add movement.

Step 4: Non-contact training drills involving progression to more complex training drills (e.g. passing drills). The student-athlete may initiate progressive resistance training.

Step 5: Following medical clearance, participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by the coaching staff.

Step 6: Return to play involving normal exertion or game activity. Student must be cleared by physician before returning to play.

- If ANY symptoms return, the student athlete is referred back to their physician for further evaluation.
- If concussion symptoms reoccur during the graduated return-to-play exercise protocol, the student-athlete will return to the previous level of activity that caused no symptoms and then advance as tolerated.
- Please note, the physician must have received training in the evaluation and management of concussions. (N.J.S.A. 18A:40-41, 4)