

Westwood High school

Return to play concussion/COVID protocol

Return to Play After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, they should proceed in a step-wise fashion to allow the brain to readjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

Progressive Return to Play Protocol Step 1: Back to Regular Activities (such as school) To enter into the stepwise return to play protocol the athlete should first be back to regular activities (such as school) and has been cleared by their appropriate health-care professional to begin the return to play process.

Step 2: Light Aerobic Activity Begin with light aerobic exercise only to increase heart rate. This means about 5 to 10 minutes on an exercise bike, brisk walking, or light jogging. No anaerobic activity such as weight lifting should be done at this stage.

Step 3: Moderate Activity Continue with activities that increase an athlete's heart rate while adding movement. This includes running and skating drills.

Step 4: Non-Contact Training Activity Add sports specific, more intense, non-contact physical activity, such as passing in hockey, dribbling in basketball or soccer, high-intensity stationary biking, regular weightlifting routine.

Step 5: Practice and Full Contact The athlete may return to practice and full contact (if appropriate for the sport) in a controlled practice setting where the skills can be assessed by the coaches.

Step 6: Competition The athlete may return to competition. If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-play program, the athlete must discontinue all activity immediately. The athlete may need to be re-evaluated by the appropriate health-care professional or may have to return to the previous step of the return-to-activity program, as pre-determined by the appropriate health-care professional.

Summary of Suggested Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional.
3. Any athlete diagnosed with a concussion should have written clearance from an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol as outlined above with provisions for delayed RTP based upon return of any signs or symptoms.

COVID protocol:

Stage Timing Activities

Stage 1: 2 days minimum Light activity for 15 minutes or less at an intensity no greater than 70% of maximum heart rate (eg. walking, jogging, stationary bike). No resistance training

Stage 2: 1 day minimum Light activity with simple movement activities (eg. Running drills) for 30 minutes or less at an intensity no greater than 80% maximum heart rate. No resistance training

Stage 3: 1 day minimum Progress to more complex training for 45 minutes or less at an intensity of no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: 2 days minimum Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate
Stage 5 Return to full activity