NCHSAA Student-Athlete
Concussion Management Algorithm

Licensed Health Care Providers (LHCP) are **STRONGLY ENCOURAGED** by the NCHSAA to have expertise and training in concussion management. LHCPs include the following individuals: Licensed Physician (MD/DO), Licensed Athletic Trainer (LAT), Licensed Physician Assistant (PA), Licensed Nurse Practitioner (NP), or Licensed Neuropsychologist.

Traumatic event or head injury occurs.

→ Student-athlete (S-A) has signs, symptoms, or behaviors of a concussion or is suspected to have sustained a concussion. **NCHSAA Concussion Injury History** is completed.

→ LHCP evaluates (S-A).

→ Based on evaluation (S-A) is diagnosed with a concussion.

LHCP Concussion Evaluation Recommendations

1. LHCP cares for the S-A and/or delegates aspects of care to another individual.
2. Recommendations are selected for SCHOOL, SPORTS, and PE based on the evaluation findings.

LHCP Concussion Return-To-Learn Recommendations

1. LHCP selects educational accommodations for the S-A.
2. Evaluation Recommendations and Return-to Learn Recommendations are provided to appropriate school-based personnel and to the individual who will monitor the S-A's Concussion Return-to-Play Protocol.

NCHSAA Concussion Return to Play Protocol

The **NCHSAA Concussion Return to Play (RTP) Protocol** is **REQUIRED** to be completed in its entirety for any concussed S-A before they are released to resume full participation in athletics.

If the RTP Protocol is monitored by the Licensed Athletic Trainer (LAT), or other LHCP, through stage 5 no office contact is necessary unless required by examining LHCP. Office contact, if required, may be made electronically, by phone, or in person to review the S-A's progress. The LAT, or other LHCP, notifies the examining LHCP that the S-A remained asymptomatic after stage 5 is completed, if required to do so.

If the RTP Protocol has been monitored by a First Responder (FR) then the FR must sign attesting that they reviewed the progress of the S-A through stage 4 electronically, by phone, or in person with the LHCP and that the S-A was cleared by the LHCP to complete stage 5. The LHCP overseeing the S-A's care is notified that the S-A remained asymptomatic after stage 5 is completed.

If signs or symptoms occur after stage 5 the S-A **MUST** return to the LHCP overseeing the S-A's care.

Please refer to the **Concussion Gradual Return-to-Play Protocol FAQ** for additional guidance.

NCHSAA RETURN TO PLAY FORM

Licensed Health Care Provider: Must sign the Return to Play Form before the S-A is allowed to resume full participation in athletics.

Parent/Legal Custodian: Must sign Return to Play Form giving consent for their child to resume full participation in athletics before the child is allowed to resume full participation in athletics.

→ **Athlete Resumes Full Participation in Athletics**

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