

**John Jay High School/Middle School  
Protocol for head injuries with symptoms**

At the time of initial injury if the student-athlete exhibits any of the following symptoms, the student-athlete MUST be examined by his/her physician or at a local emergency room:

Loss of Consciousness  
Transient confusion  
Disorientation  
Dizziness  
Blurred vision  
Amnesia  
Headache  
Nausea  
Vomiting  
Motor deficits  
Lethargic

The student-athlete is then considered on medical leave from Physical Education and sports for a minimum of seven (7) days. The seven day countdown begins the day after the last day of symptom(s). For example, if a student-athlete is injured on Saturday, still has symptom(s) Monday and Tuesday, but is symptom free Wednesday, the countdown starts on Thursday.

Return to play will be decided on an individual basis. Every student-athlete will have to be examined and cleared by a physician **and** the athletic trainer before returning to play.

Return to play guidelines:

- Days 1-6 –Student must be symptom free to move to Days 7-12
- Day 7 – Complete IMPACT testing
- Day 8 – Light aerobic activity (such as walking or riding a stationary bike)
- Day 9 – Progress the aerobic activity (increase time and intensity, sport specific activities)
- Day 10 – Stress test done by the athletic trainer
- Day 11 – Modified practice (non-contact training)
- Day 12 – Return to Play

If any concussion related symptoms occur during any of the steps, the student-athlete will start over from Day 1.

**RETURN TO PLAY GUIDELINES ASSUME ABSENCE OF SYMPTOMS INCLUDING PROVOCATIVE STRESS TEST RESULTS. NO SYMPTOMATIC STUDENT-ATHLETE WILL EVER BE PERMITTED TO RETURN TO PLAY.**

Current literature shows that post concussion syndrome can persist for a year or more. This syndrome consist of physical, emotional, and/or cognitive symptoms that can include decreased mental processing speed, decreased short-term memory and attention span, irritability, fatigue, sleep disturbance, persistent headaches, and a general “foggy” feeling. The literature also shows that *second* impact syndrome (SIS) can lead to death.