



A National Blue Ribbon & California Distinguished School

899 North Kanan Road
Oak Park, California 91377
(818) 735-3300 (phone) / (818) 707-7970 (fax)
www.oakparkusd.org/ophs

Concussion / Head Injury Protocol & Return To Play Policy revised 4/2015

Concussions / Mild Traumatic Brain Injuries (TBI)

A concussion / mild traumatic brain injury is a type of brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

These are the guidelines to follow

-Grade 1 (Mild): Remove from competition and disallow return that day. In order for the athlete to return to play they must at minimum:

- A physician (**MD**) should perform a neurological exam and write a note
- The athlete may to return to play after 1 full week of being symptom free
- The athlete must pass the Athletic Trainers 6 step return to sports participation protocol

-Grade 2 (Moderate): Remove from competition and disallow return that day. In order for the athlete to return to play they must at minimum:

- A physician (MD) should perform a neurological exam and write a note
- The athlete may to return to play after 1 full week of being symptom free
- The athlete must pass the Athletic Trainers 6 step return to sports participation protocol

-Grade 3 (Severe) Multiple concussion within a year: Multiple signs and symptoms of 1-2 plus Loss of Consciousness. In order for the athlete to return to play they must at minimum:

- A physician (**MD**) should perform a neurological exam and write a note
- The athlete may to return to play after 2-4 full weeks of being symptom free
- The athlete must pass the Athletic Trainers 6 step return to sports participation protocol

*A neurologist must clear athletes who wish to be cleared sooner than these guidelines.

Second-Impact Syndrome

Second-impact syndrome is an event, which poses a significant concern for athletes who return too soon after suffering a previous concussion. Second-impact syndrome is characterized by an auto regulatory dysfunction that causes rapid and fatal brain swelling, and can result in death in as little as two to five minutes. The progressive signs of Second-impact syndrome are as follows:

- Previous history of a concussion
- Visual, motor or sensory changes
- Difficulty with memory and/or thought process
- Death
- Collapse into a coma

Return to play policy for Athletes

1. Athletes who have seen a physician for their injury, no matter small or large, must bring the Athletic Trainer a doctor's (MD) note to return to practice or games.
2. Athletes who have not seen a physician the Certified Athletic Trainer will decide when it is appropriate for an athlete to return to play.

Evan Bachner, MD
Team Physician

Brenda Pasqua ATC, EMT
Athletic Trainer

Jason Meskis
Assistant Principal