HEAD

43.3 CONCUSSION EDUCATION

All student athletes shall complete the Brainbook online education course prior to participation in practice or competition. The Brainbook online education course must be completed by a student-athlete only once.

43.5 CONCUSSION POLICY

43.5.1 Education

43.5.1.1 All AIA Participating schools must have a concussion policy on file: The policy must address the following:

- Concussion Education
- Removal from Play
- Return to Play
- Return to Academics

43.5.1.2 Parents and athletes must sign a form acknowledging education regarding concussion.

43.5.2 Mechanics and Criteria for Removal from Play

43.5.2.1 An athlete, coach, licensed athletic trainer, team physician, official or parent can remove an athlete from play.

43.5.2.2 Only an appropriate health care professional can refute the diagnosis of a concussion.

43.5.3 Return to Play Criteria

- No athlete should return to play (RTP) or practice on the same day of a concussion.
- Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
- Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- After medical clearance, return to play shall follow a step-wise protocol with provisions for delayed return to play based as directed by an appropriate health-care professional.
- Return to play should only occur after an athlete has returned to full school attendance without academic accommodations.

43.5.4 Appropriate Health-Care Professionals for Return to Play An appropriate health-care professional is defined as the following:

- Licensed Athletic Trainer
- Physician (MD/DO)
- Licensed Nurse Practitioner
- Physician’s Assistant

43.5.5 Return to Academics

• Cognitive rest, including reduced screen time, may be recommended for the first 24-48 hours. • Student-athletes can engage in sub-symptom cognitive activities as tolerated.
• Cognitive exertions should be stopped if concussion symptoms exacerbation is more than mild and brief and may be resumed once symptoms have returned to their prior level. Mild symptom exacerbation is typically brief and does not delay recovery.
• Schools should have policies to facilitate academic support, especially those that address factors that may prolong return to the classroom (e.g. High symptom burden, social determinants of health).
• Not all student-athletes will need academic support or a return to learn strategy.
• While return to learn and return to sport strategies can occur in parallel, student athletes should complete return to learn before unrestricted return to sport.
• Returning an athlete to the classroom following a concussion should follow a return to learn progression.

43.5.6 Other

43.5.6.1 At the beginning of a game, the coach must certify to the official that the equipment is in compliance with safety regulations and properly fitted.

43.5.6.2 If a helmet comes off or becomes dislodged during play, must remain out for one play or call a time out to have the equipment reassessed.