

Autauga County Schools/ MHS Athletics

Return - to - Play Guidelines

(to be used after all Head injuries in sports)

Regardless of the severity of the injury, an athlete that displays the signs and symptoms of a concussion must complete the following established Return to play protocol:

o Return Pay Criteria:

Must have written clearance by a licensed physician ;

The athlete must remain symptom free for 24 hours in order to move on to the physical components of the return to play protocol.

If the athlete displays symptoms at anytime during the six days, the Marbury High School Athletic Training Staff will start the athletes return to play protocol over.

The athlete must score satisfactorily in order to return to play.

- Day 1: No activity with complete physical and cognitive rest. Must be symptom free for 24 hours without pain medication.
- Day 2: Supervised light aerobic exercise.
- Day 3: Begin sports specific exercise/drills (Non-Contact)
- Day 4: Non-contact training drills/practice.
- Day 5: Full contact practice.
- Day 6: Competition

Physicians will make the final determination regarding the return to play, but all athletes will go through the return to play guidelines and if symptoms reappear athletes will be held out of competition until symptoms are gone for at least 24 hours and they are able to complete the return to play process.