

## **CONCUSSION MANAGEMENT AND RETURN TO PLAY**

The Board of Trustees adopts this concussion management and return to play policy that includes the following guidelines:

- Parents or guardians shall receive and sign a copy of the concussion policy before the start of the regular school athletic event season.
- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting shall be removed immediately from the practice or game. The athlete shall not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he or she is normal.
- The athlete shall be evaluated by a health care provider working within the provider's scope of practice.
- If an athlete has sustained a concussion, the athlete shall be referred to a licensed physician, preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion shall be returned to play only after full recovery and clearance by a health care provider.
- Return to play after a concussion should be gradual and follow a progressive return to competition.
- An athlete shall not return to a competitive game before demonstrating that he or she has no symptoms in a full supervised practice.
- Athletes shall not continue to practice or return to play while still having symptoms of a concussion.

The athletics department will ensure that coaching staff members receive periodic training on concussions management.

### **Concussion Policy Definitions**

- "Health care provider" means a licensed physician or a licensed nurse practitioner, licensed physician assistant or licensed health care professional working within the person's scope of practice and under the direct supervision or written consultation of a physician. All health care providers referred to in this act also must be trained in the evaluation and management of concussions.
- "School athletic event" means activities sanctioned by the Mississippi High School Activities Association (MHSAA) and school-sponsored activities in Grades 7 through 12 of schools that are not members of the MHSAA which activities are organized and conducted in a manner substantially similar to activities that are sanctioned by the MHSAA.

SOURCE: Mississippi School Boards Association

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