

Arkansas Activities Association Concussion Guidelines for the Virtual Learner

1. Every coach and registered volunteer must receive training on concussions once every three years per Arkansas Law.
2. Every student athlete and parent/guardian must read and sign a "Concussion Fact Sheet for Athletes and Parents." (These forms should be kept annually for each sport)
3. Any student athlete who is "suspected" by their school's personnel, school medical staff, or game official of having a concussion should not return to play or practice on the same day per Arkansas Law.
4. Any student athlete suspected of having a concussion should be evaluated by a qualified healthcare professional (QHP) trained in the signs, symptoms, and management of a concussion prior to returning to practice or play: (Neuropsychologist, MD, DO, Advanced Practice Nurse, Certified Athletic Trainer, or Physician Assistant).
5. Any student athlete that has been clinically diagnosed by a QHP with a concussion must then be medically cleared prior to beginning the Graduated Return to Play Protocol (GRTP).
6. **Per Arkansas State Board of Education directives, a student must participate in a minimum of six hours of education time per academic day if school is in session. A parent or guardian must attest that the student has completed these requirements without any symptoms reported prior to obtaining QHP clearance to begin the protocol.**
7. **The GRTP protocol must be completed at school under the supervision of a certified athletic trainer or other designated school personnel.**
7. The 5 step (Day) GRTP protocol for delayed return to play:
 - Student athlete must exhibit a resolution of concussion symptoms back to or near pre-injury baseline levels for a minimum of "24 hours" prior to the student athlete being cleared by their QHP to initiate and proceed through the GRTP
 - **If school is in session:** the student athlete that has been diagnosed with a concussion **MUST attend a FULL DAY of virtual school (minimum 6 hours) without symptoms prior to that athlete beginning the GRTP** (student athletes that are only attending a partial day or currently have classroom modifications in place due to their concussion are not eligible to begin GRTP)
 - **If school is not in session:** (Summer, Fall, Winter, Spring Breaks, AMI or a regularly scheduled non-school day) the GRTP may be administered by the direction of the QHP overseeing the student athlete's healthcare
 - There should be at least 24 hours between each step of the GRTP
 - If any symptoms significantly increase during these activities, stop the workout immediately
 - The student athlete should then rest until symptoms return back to or near pre-injury baseline levels for 24 hours then return to the previously completed stage of the GRTP
 - If symptoms persist or worsen, seek medical attention by referring the student athlete back to the QHP that is overseeing their healthcare
 - Once the student athlete has successfully completed the 5-day GRTP they are eligible to return to full participation on Day 6. **(not eligible to return to play on the 5th day of the protocol)**
 - In the absence of a Certified Athletic Trainer a designated school employee may administer the GRTP under the AAA Guidelines set forth by this document and following the direction of the QHP in charge of the student athlete's healthcare
 - The GRTP paperwork must be fully completed, signed, dated by the individual that completes the step wise protocol.
 - **THE ARKANSAS ACTIVITIES ASSOCIATION SPORTS MEDICINE ADVISORY COMMITTEE RECOMMENDS THAT THE SCHOOL THEN KEEPS THE MEDICAL RELEASE FORMS FOR A MINIMUM OF 3 YEARS FOR DOCUMENTATION**

MEDICAL RELEASE FOR GRADUATED RETURN TO PLAY PROTOCOL FOR THE VIRTUAL LEARNER

Student Name _____ Date of Birth _____ School _____ Grade _____ Date of Injury _____

*Per Arkansas State Board of Education directives, a student must participate in a minimum of six hours of education time per academic day if school is in session. A parent or guardian must attest below that the student has completed these requirements without any symptoms reported prior to obtaining provider clearance to begin the protocol.

Parent/Guardian Name _____ Parent/Guardian Signature _____ Date of Attestation _____

Student is cleared to initiate and proceed through the protocol as detailed below after a full day of normal activity with no symptom. There should be at least 24 hours between each step. If any symptoms return at any time during these activities, stop the workout. Rest until symptom- free for 24 hours then return to the previous asymptomatic step.

Completed by (Print Name) _____ Signature _____ Date _____

Neuropsychologist ___ MD ___ DO ___ Nurse Practitioner ___ Certified Athletic Trainer ___ Physician's Assistant ___

GRADUATED RETURN TO PLAY PROTOCOL / SUPERVISED BY SCHOOL PERSONNEL

STEP	DATE COMPLETED	ACTIVITY	COMMENTS
1. Light general conditioning exercises (Goal: Increase heart rate).		*Begin with sport specific warm-up. Do 15-20 minute workout: stationary bicycle, fast paced walking or light jogging, rowing or freestyle swimming *Participate in full day of virtual school if in session.	
2. Moderate general conditioning and sport specific skill work; individually (Goal: add movement, individual skill work).		*Sport specific warm-up. Slowly increase intensity and duration of workout 20-30minutes. Begin sport specific skill work within the workout. No spins, dives or jumps. *Participate in full day of virtual school if in session.	
3. Heavy general conditioning, skill work; individually & with teammate. NO CONTACT. (Goal: Add movement, teammate skill work).		*Continue with general conditioning up to 60 minutes. Increase intensity and duration. Begin interval training. -Continue individual skill work. -Begin skill work with partner-no contact. -Continue with individual skill work as in Step 2. * Participate in full day of virtual school if in session.	
4. Heavy general conditioning, skill work and team drills. No live scrimmages. VERY LIGHT CONTACT (Goal: Team skill work, light static contact).		*Resume regular conditioning and duration of practice. -Increase interval training and skill work as required -Gradually increase skill level of spins, dives, jumps -Review team plays with no contact. -Very light contact and low intensity on dummies * Participate in full day of virtual school if in session.	
5. Full team practice with body contact		*Participate in a full practice. If a full practice is completed, discuss with the coach about getting back in next game. * Participate in full day of virtual school if in session.	

I Verify the Graduated Return to Play Protocol has been completed: Signature _____ Date _____