

North Middlesex Regional School District
Ashby-Pepperell-Townsend, MA

Concussion Protocol

North Middlesex Regional High School has established the following Concussion Protocol for all student-athletes in our interscholastic programs, which is in compliance to Massachusetts General Law, Chapter 111, Section 222. All parents and student-athletes are expected to be familiar with its contents.

Any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of *consciousness, headache, dizziness, confusion, or balance problems*) shall be removed from play immediately and shall not return to play until cleared by an appropriate health-care professional.

The athlete must adhere to the following Return to Play Protocol:

1. The student-athlete **shall not** return to the practice or competition during which the student suffered, or suspected to have suffered, a concussion.
2. The student-athlete **shall not** resume extracurricular athletic activity until they have been cleared by the school's health care professional (this person must be a Medical Doctor, Certified Athletic Trainer or other appropriately trained or licensed health care professional), or the family's health care professional.
3. This clearance must be in writing.
4. The clearance may not be on the same date on which the student was removed from play.
5. "Away Contest Protocol: If in the event that the Away team does not have an appropriately trained health care professional on staff any student who has sustained a possible concussion is "done for the day" and will not be cleared to re-enter play until seen by a health care professional.
6. Once the student-athlete has been cleared by the appropriate health care professional they will follow the schools 3 Day Return-To-Play protocol. **Please note that if during any of these days signs and symptoms re-appear they will be deemed ineligible and require new clearance for return to play.**

Day 1: The first day back to play will involve exertional activities and drills only.

Day 2: The second day back will involve light contact drills.

Day 3: The third day back will involve contact.