

**Byram Hills Central School District**  
**Department of Athletic / Department of Health Services**  
**12 Tripp Lane**  
**Armonk, NY 10504**  
**SPORT-RELATED CONCUSSION GUIDELINES**

**GOAL:** To assess severity of injury and guide the safe return to participation in sports and physical education.

**PROCEDURE:**

**STEP 1: Subsequent to head injury, the Coach and/or Athletic Trainer or Clinical Staff will:**

1. Remove athlete from play
2. Coach/ Athletic Trainer completes “Concussion Signs and Symptoms Checklist” to assess injury if a medical provider is not present.
3. **If concussion is suspected or confirmed, the following steps are followed:**
  - a. Get emergency medical care as needed.
  - b. Inform the athlete’s parent/guardian and the health office about the known or possible concussion and circumstances. Student/Athlete remains under adult/coach supervision until released to the student/athlete’s guardian.
4. The coach or Athletic Trainer completes an Incident Report.
5. The Student/athlete cannot return to sport or physical education until health care practitioner provides a note. This is to be returned to the School Nurse for review.
6. Schedule first post-injury ImPact test once the athlete has been asymptomatic for 24 hours.
7. If a “No Concussion” diagnosis is made by the medical doctor, the student is without symptoms for 24 hours, and the repeated ImPact test is comparable to baseline, the concussion management team will determine when the student may start the return to play. **\*\*In most cases, this process will take a minimum of 7 days to return an athlete to play.**
8. In cases in which the status of the student is uncertain, it will be up to the School Physician to grant final clearance of the athlete.

**STEP 2: Concussion Management:**

When the student is medically cleared, the student begins the “return to Play” protocol under the direction of the Athletic Trainer. The School District Physician determines final clearance of the student.