**Fort Worth ISD Concussion Management**

**Step-by-Step**

**STEP 1**

Injury occurs and, if school related, the appropriate On-Site Management Process is implemented. The parent/guardian contacts the Athletic Trainer(s) at the High School ASAP for further instructions (Middle School athletes contact the High School that is responsible for supervising your Middle School). Follow the information provided on “Concussion Information for Athletes and Parent/Guardian”

Set up an appointment to be evaluated by the High School Athletic Trainer(s) and to review the FWISD Concussion Management Plan.

**STEP 2**

Meet with the Athletic Trainer to have the athlete evaluated and discuss appropriate action to follow. If you have been to the Emergency Department or a Doctor prior to this meeting, please bring any paperwork from that appointment. (Doctor’s notes will not supersede the State Law governing concussions (HB 2038 – Natasha’s Law)

You will receive the following at this meeting:

- Daily Symptom Checklist - Concussion Management Step-by-Step

- Physician Release Form with HIPPAA Statement - Referral information for Concussion Physician(s)

**STEP 3**

The athlete will work with the Athletic Trainer to monitor symptoms and gradually reintroduce them to work/school activities. Accommodations and appropriate injury information will be sent to school nurse, teachers of the athlete, counselors and school Administrator.

\*Athlete must be released by treating physician prior to starting the next step.

**STEP 4**

Once cleared by treating physician, the athlete completes the Graduated Return to Sport Strategy (RTS) under supervision of the Athletic Trainer:

**Stage 2** – ride stationary bike for no more than 30 minutes or walk for no more than 1 continuous mile

**Stage 3** – light aerobic activity (i.e. jogging no more than 2 miles) and non-impact activities. May begin light resistance training.

**Stage 4** – more aerobic activity (i.e. jogging/running up to 4 miles) and non-impact, sport-specific activities. If applicable, the athlete should wear sport-specific equipment (helmet, shoulder pads, etc.). May progress the level of resistance training.

**Stage 5** – Full contact practice

Only one step of the RTS may be completed each day. If the athlete develops symptoms, they must rest for 24 hours and return to repeat the previously completed step as long as they are again symptom-free.

**STEP 5**

After completion of Stage 5, the “UIL Concussion Management Return to Play Form” will be sent home and must be returned to the pyramid Athletic Trainer(s)