

Arkansas Activities Association Concussion Guidelines
Revised 2020

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. 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 school (within the normal school year) without symptoms or classroom modifications 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**