

## **RULE 2.5.5 – UNCONSCIOUS ATHLETE**

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Any student who loses consciousness during an event will not be allowed to participate for the remainder of that day. In order to return to practice or play in the future, the student must have medical clearance by a practitioner licensed by the State Board of Medicine (i.e. MD, DO, PA-C).

Based on numerous studies, it has become clear that signs and symptoms of concussions develop slowly and recovery takes longer than previously thought. A conservative approach should be utilized for the high school athlete when dealing with concussions. Based on literature review, we recommend that no adolescent athlete return to play the same day after a mild concussion. Further, medical clearance should be obtained prior to the injured athlete's return to practice or play.