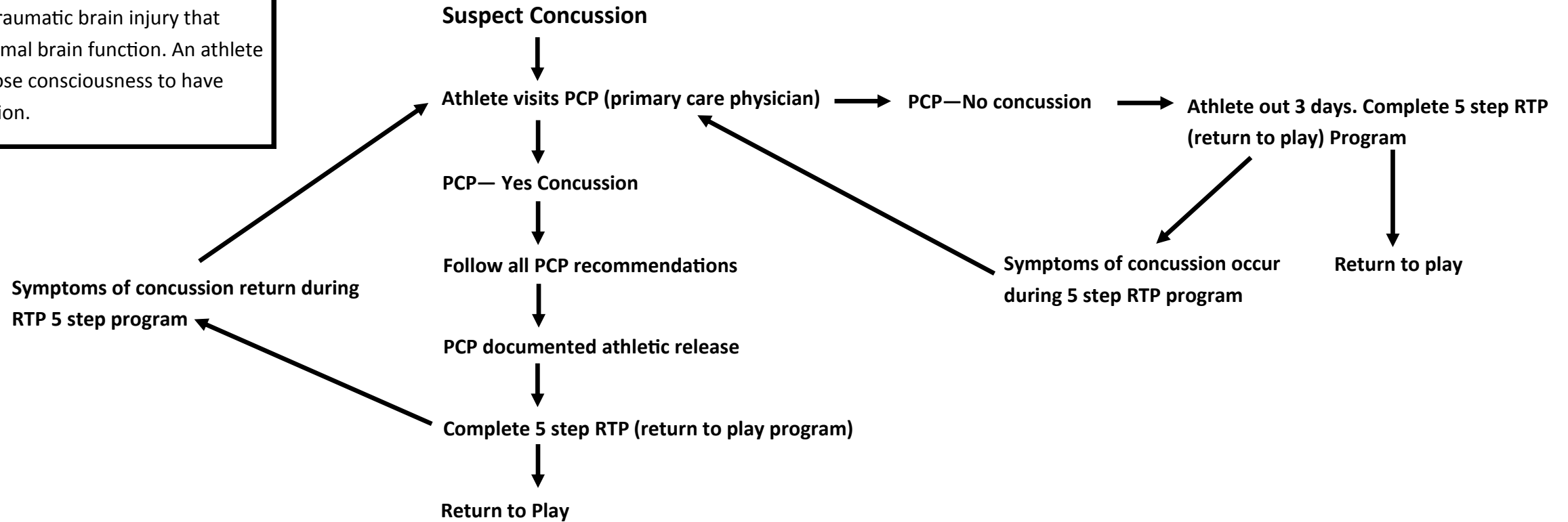


SPORTS CONCUSSION ALGORITHM

Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.



Concussion Red Flags

Behavior

- Increasing confusion or irritability
- Weakness or numbness in arms or legs
- Loss of consciousness
- Appears dazed or stunned
- Moves Clumsily

Symptoms

- Headache
- Nausea
- Balance problems or dizziness
- Looks very drowsy
- Sensitivity to light or noise
- Feels foggy or groggy
- Concentration or memory problems

5 Steps Return to Play Program (RTP) Administered by CTK Concussion Task Force

Day 1

Step 1: Light aerobic exercise, 5 to 10 minutes. Exercise bike, light jog. No weight lifting or resistance training.

Step 2: Moderate aerobic exercise, 15 to 20 minutes. Running at moderate intensity.

Day 2

Step 3: Non contact training drills in full uniform. May begin weight lifting and resistance training

Step 4: Full contact practice

Day 3

Step 5: Full game play