

Lighthouse Christian Athletics

Concussion Protocol Policy

Revised August 2024

The Purpose of this policy is to define the concussion protocol for Lighthouse Christian Athletics.

Concussion Diagnosis and Return to Play:

Official diagnosis of concussion will be done by a medical professional.

- If a player and/or parent states that the athlete has a concussion, the Chargers will automatically enter the athlete into the Graduated Return to Play Strategy (see below).
- If a family opts to not acquire an official diagnosis and Chargers coaches suspect that a player has sustained a concussion, they will place the athlete into the Graduated Return to Play Strategy.
- If a family obtains an official diagnosis from a medical professional, the Chargers will follow the medical treatment plan as relayed by the family. The Chargers may or may not require an official clearance from a medical professional to return to play.
- The Chargers graduated return to play strategy is based on page 8 of the Sports Concussion Assessment Tool (SCAT) - 5th edition. (Echemendia RJ, et al. Br J Sports Med 2017;51:851–858. doi:10.1136/bjsports-2017-097506SCAT5).

Graduated Return to Play Strategy:

In most cases 24 hours is required to pass between each of the following steps. At every step, the athlete will return to the previous step if symptoms return and/or worsen.

1. **Symptom-limited activity:** The athlete may begin the process of returning to play once they have not had a symptom for 24 to 72 hours, and have been able to return to most, if not all, regular school activity.
2. **Light Aerobic Exercise:** The athlete will perform the standard daily dynamic aerobic warm up routine.
3. **Sport Specific Exercise:** In addition to the standard warmup, the athlete will add a small amount of running, or other light activities during team conditioning. The activity will be prescribed by the coach monitoring their return to play.
4. **Non-Contact Training Drills:** The athlete will be allowed to perform drills with their group (run routes, ball handling, blocking step motions, etc.) where there is no intended impact with another player. The athlete will run team conditioning.
5. **Full-Contact Practice:** The athlete will be allowed to engage in full-contact practice and team conditioning.
6. **Return to Game/Play:** The athlete will be considered cleared to resume full normal activity.

Coach Requirements:

All Lighthouse Christian Athletics coaches are required to complete the one hour “**Concussion in Sports**” training module offered for free by NFHS at:

<https://nfhslearn.com/courses/concussion-in-sports-2>

Please refer any questions regarding this policy to the Director of your sport, or by sending an email to: registrar@lcchargers.com.