

Arkansas Activities Association Concussion Guidelines

1. Every coach and registered volunteer must receive training on concussions once every three years.
2. Every athlete and parent must read and sign a "Concussion Fact Sheet for Athletes and Parents".
3. Any athlete who is suspected by their school's personnel or school medical staff of having a concussion should not return to play or practice on the same day.
4. Any athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day (Neuropsychologist, MD, DO, Advanced Practice Nurse, Certified Athletic Trainer, or Physician Assistant).
5. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
6. After medical clearance, return to play should follow a 5 day step-wise protocol for delayed return to play based upon the return of any signs or symptoms.