

ASANTE ELITE

CONCUSSION RETURN TO PLAY PROTOCOL



ASA Emergency Protocol – Suspected Player Concussion

A player showing any signs/symptoms as listed on the Pocket Concussion Recognition Tool or as listed in this document must be removed from play immediately. All Coaches/Trainers are required to be familiar with the use of this tool and follow the Club's protocol without question.

The player is not to re-enter the game or practice.

In the event of a loss of consciousness call 911 for assistance immediately. Do not move the player unless absolutely necessary for safety reasons. Ensure that a member of the team staff stays with the player. Notify any family members immediately if they are present. The player must be evaluated by a physician prior to returning to play. Documentation from the physician is required. Average recovery period is 10 -14 days, but can sometimes longer.

Coaches must complete required injury report and submit to ASA within 24 hrs of the incident.

ASA Return to Play Stages Protocol

This is a multi-part process that requires supervision from the player's health care provider at each stage.

1. Limited activity	- Physical and cognitive rest
2. Light aerobic exercise	- Walking, swimming, cycling
3. Sport specific exercise	- Light running skills, no heading
4. Non contact training drills	- Passing / movement
5. Full contact practice	- Normal training cycle
6. Return to play	- Normal game play

*A minimum of 24 hrs is required between each stage.

Any recurrence of symptoms requires the player to return to the previous level. ASA Coaches, Assistant Coaches, Managers and Trainers are not authorized to oversee Return to Play processes.