

# NCHSAA Student-Athlete Concussion Management Algorithm

Licensed healthcare providers (LHCP) are STRONGLY ENCOURAGED by the NCHSAA to have expertise and training in concussion management. LHCPs include the following individuals: Licensed Physician (MD or DO), Licensed Athletic Trainer (LAT), Licensed Physician Assistant (PA), Licensed Nurse Practitioner (NP), or Licensed Neuropsychologist.

**Traumatic event or head injury occurs.**

Student-athlete (S-A) has signs, symptoms, or behaviors of a concussion or is suspected to have sustained a concussion.  
**Student-athlete is removed from play.**  
NCHSAA Concussion Injury History Form is completed.

Based on evaluation, student-athlete is assessed as having a concussion.

On-site LHCP evaluates student-athlete.

## LHCP Concussion Evaluation Recommendations

1. After a neurologic and health evaluation, the LHCP cares for the student-athlete and / or delegates aspects of care to another individual.
2. Recommendations are selected for SCHOOL, SPORTS, and PE based on the evaluation findings and documented on the **Concussion Evaluation Recommendations form**.
3. Using the **Concussion Return to Learn form**, LHCP selects educational accommodations for the student-athlete.
4. The **Concussion Evaluation Recommendations form**, the **Concussion Return to Learn Recommendations form**, and when indicated, the **Concussion Return to Play Protocol form** are returned to appropriate school-based personnel and to the individual who will monitor the student-athlete's return to play protocol.

## NCHSAA Concussion Return to Play Protocol

The NCHSAA Concussion Return to Play (RTP) Protocol is **REQUIRED** to be completed in its entirety for any concussed student-athlete before they are released to resume full participation in athletics.  
*Contact with LHCP may be made electronically, by phone, or in person to review the student-athlete's progress.*

If Monitored by the Licensed Athletic Trainer (LAT) or other LHCP

- Unless required by the supervising LHCP, no office contact is necessary through stage 5.
- If required, LAT or other LHCP contacts supervising LHCP confirming S-A has remained asymptomatic after stage 4.
- LHCP signs RTP Protocol Form attesting that they monitored RTP.

**If Monitored by a First Responder (FR)**

- **FR must sign attesting that they reviewed the progress of the student-athlete through stage 3 and contacted the supervising LHCP** before the athlete starts stage 4.
- The LHCP supervising the S-A's care is also contacted when the S-A has completed stage 5 and remained asymptomatic.
- FR signs RTP Protocol Form attesting that they monitored RTP.

**LHCP and Parent / Legal Guardian must sign RTP Protocol Form attesting that student-athlete has completed protocol under appropriate supervision and are giving consent to resume full participation in athletics.**

If signs or symptoms occur during stage 5 the S-A MUST return to the supervising LHCP.

Please refer to the concussion gradual RTP Protocol FAQ for additional guidance.

**Athlete resumes unrestricted participation in athletics.**