

Stage	Goals	Student's Responsibility	Teacher/ Coach/ Advisor's Responsibility
1	Diagnosis	<ul style="list-style-type: none"> <li>Communicate to nurses or AT about the symptoms they are experiencing.</li> <li>Take concussion examination test within 2-4 days.</li> </ul> <p><b>MUST CHECK DAILY with Infirmary and/ or Athletic Trainer</b></p>	<ul style="list-style-type: none"> <li><b>Remove student from competition, practice, game, etc. Immediately if they are showing any sign of a concussion</b></li> <li>Will be notified via e-mail of the concussion diagnosis</li> <li>Begin thinking of work that will be missed and accommodations</li> </ul>

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2	Brain Rest, if not getting worse progress to stage 3.	<ul style="list-style-type: none"> <li>Boarding students will rest in the infirmary. Day student will rest at home. <b>No athletic activity.</b></li> <li>Student hands in <b>ALL</b> electronics to tech cabinet.</li> <li>Student can "sign out" computer/ phone for 20 min. during tech time for phone calls to parents.</li> <li>No off-campus trips or activities and no gaming.</li> <li>Maintain good hydration and well-balanced diet throughout protocol.</li> <li>Tylenol for headaches for the first 24hr.: ibuprofen okay after 24hr.</li> <li>Communicate with teachers about diagnosis.</li> </ul>	<ul style="list-style-type: none"> <li>Please take computer(s), phone(s) and any other electronics and lock in dorm tech cabinet.</li> <li>Student can ask to "sign out" computer/phone for 20 minutes during tech time hours.</li> <li>You reserve the right to deny sign out as dorm parent.</li> </ul>

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3	No classes, participation minimal	<ul style="list-style-type: none"> <li>No Formal class is in the academic building but in a separate room to get caught up with work.</li> <li>Communicate with teachers about schoolwork.</li> <li>Complete academic expectations list with teachers</li> <li>Report to infirmary if headaches or symptoms worsen.</li> <li>See AT during sports.</li> <li>No off-campus trips or activities and no tech/ gaming</li> <li>So standardized testing</li> <li><b>No athletic activities, this includes dances.</b></li> <li><b>No Band/ Orchestra</b></li> <li><b>May begin working with AT for light workout.</b></li> <li><b>May have Chromebook for academic day but must hand it in after study hall.</b></li> </ul>	<ul style="list-style-type: none"> <li>Develop lists of three categories for all assignments.</li> <li>(Complete academic expectations list with student. Hard copy or email-cc advisor.)</li> </ul> <ol style="list-style-type: none"> <li>Excused: -not to be made up</li> <li>Accountable; Responsible for content, not process.</li> <li>Responsible: Must be completed by student and will be graded. Due date may be changes at your discretion.</li> </ol> <ul style="list-style-type: none"> <li>Check in with student in TBA locations. Locations include Library, admissions, conference rooms or principles office.</li> </ul>

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4	Full academic participation	<ul style="list-style-type: none"> <li>Off campus trips to store/ Putnam okay. All close trips must have a quick out if symptoms develop.</li> <li>Communicate with teachers about stage.</li> <li><b>No formal athletic activity</b></li> <li><b>May begin working with AT for light workout.</b></li> <li><b>Student will be in contact with ATC and band/ orchestra director about lessons/ performing. Student's limitations may vary based on the instrument/ lesson play of that student.</b></li> </ul>	<ul style="list-style-type: none"> <li>Allows student to take break during class if needed.</li> <li>Keep academic expectations worksheet up to date as needed.</li> <li>CC advisor/Tutor if any changes in academic accommodations</li> <li>Normal Tech time.</li> </ul>

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5	Full academic participation with catch up on missed work and Rectory RTP protocol.	<ul style="list-style-type: none"> <li>Once cleared by provider for sports, must report to ATC for Rectory's return to play protocol.</li> <li>RTP protocol will last 2-4 days for normal progression, longer if symptoms arise.</li> <li>If athlete is evaluated by an official Rectory must have a copy of a note saying they're cleared to play. Student will still have to go through Rectory's RTP for gradual return to sport.</li> <li><b>Student will be in contact with ATC and band/ orchestra director about lessons/ performing. Students limitations may vary based on the instrument/ lesson play of that student.</b></li> </ul>	<ul style="list-style-type: none"> <li>All accountable and responsible work completed and signed off by teacher.</li> <li>Get student caught up in work</li> </ul>

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6	Return to play progression with team. <b>One full practice before game.</b>	<ul style="list-style-type: none"> <li>Student will work with advisor and ATC to determine academic status for return to full athletic participation.</li> <li><b>Student may return to band/ orchestra fully as long as no increase in symptoms.</b></li> </ul>	<ul style="list-style-type: none"> <li>All accountable and responsible work completed and signed off by teacher.</li> </ul>

Rectory School  
Athletic Training  
**Concussion Return-to-Play Protocol**

**Stage 4**

**Day 1:**

- *Buffalo Concussion Treadmill Test (BCTT)*: 10-minutes
- *Balance Error Scoring System (BESS—Single-Leg & Tandem Stance)*: 20 sec x 3  
reps

**Stage 5**

**Day 1: Light Aerobic activity:** low intensity maintaining < 70% of maximum heart rate. The goal of this stage is to increase heart rate.

**Day 2: Sport Specific Exercise:** Low intensity drills specific to their sport. The goal of this stage is to add movement specific patterns from the student's individual sport.

**Day 3: Non-contact training drills:** Progress into complex training drills with zero contact. The goal of this stage is to increase exercise, coordination and cognitive load.

**Day 4: Full contact practice:** Following medical clearance participate in normal training activities. The goal of this stage is to restore confidence, assess functional skills by the coaching staff.

**Day 5: Return to play:** Normal game play.