



## Concussion Protocol

A concussion diagnosis may only be determined by a qualified healthcare professional (certified athletic trainer, physician/physician's assistant or emergency room provider). The treatment and return-to-play progression of a concussion will be administered by corps athletic trainers. If a member was diagnosed with a concussion at an urgent care or emergency room, the recovery will be dictated and administered by corps athletic trainers regardless of discharge instructions regarding plan of care. Concussions require frequent monitoring and re-evaluation. Symptoms change frequently and will be documented daily by corps medical staff.

At the beginning of spring training, every corps member will complete a SCAT5 baseline concussion test with a certified athletic trainer. SCAT5 is the most widely accepted, standardized tool for evaluating concussions. It includes a symptom evaluation, cognitive screening, neurological screening, balance examination, and memory recall. When a member has a suspected head injury, a post-injury SCAT5 will be completed as soon as possible following the injury. The post-injury SCAT5 is then compared to their baseline test. Based on these scores and mechanism of injury, the certified athletic trainer will determine a diagnosis.

Once a concussion is confirmed, the member is on "day 0" of the concussion protocol and will abide by the following treatment plan under supervision of a certified athletic trainer:

- Complete rest from the time of diagnosis until the following day post-injury
- The day after a concussion, another SCAT5 symptom score is completed and compared to baseline
  - If symptoms remain above baseline, the member continues to rest
  - If symptoms return to baseline or the member is asymptomatic, the member may start the return-to-play 5 day exertional protocol with an athletic trainer
- Rest = sleeping or relaxing in a comfortable room away from the corps, ideally without bright light or noise stimuli
- Member may eat meals with the corps as long as that environment does not exacerbate symptoms
- Member may not watch or participate in any rehearsal or show (basics block, subs, ensemble, music rehearsal, spinning/tossing, etc.)
  - If the member has been appropriately resting and their symptoms are decreasing, the medical staff may allow the member to sit in on small time periods of a rehearsal as long as their symptoms are not exacerbated. This is under jurisdiction of the athletic trainers.



- Each day the member is symptomatic, a new SCAT5 symptom score is completed in order to track symptom trends. Only 1 SCAT5 test will be completed each day. It is not intended to be repeated multiple times per day.

After a member's symptoms and physical abilities (balance, vision impairments, etc.) have returned to baseline, the member may begin stage 1 of the exertional progression under supervision of a certified athletic trainer. The member must not have used NSAIDs within the last 24 hours.

Only one stage of the exertional progression may be completed within a period of 24 hours. If the member completes the stage and remainder of that day without return of symptoms, he/she/they may move to the next stage the following day. If symptoms return or worsen during exercise or post-exercise, the member must stop immediately and repeat the current stage the following day. After completion of stage 5, the member is cleared from the concussion and may return fully to rehearsal/shows without restrictions.

See below for section specific concussion return-to-play protocol:

## **BRASS and PERCUSSION**

### **Stage 1** (light aerobic exercise):

- Walk at brisk pace or jog for no more than 30 min.
- Goal: to increase heart rate

### **Stage 2** (section specific drills):

- Marching basics without instrument
- Stand-still playing
- NO ENSEMBLE

### **Stage 3** (non-contact drills):

- Marching basics with instrument
- Stand-still playing
- NO ENSEMBLE



**Stage 4** (full-contact drills):

- Marching basics with instrument
- Stand-still playing
- Drill
- Ensemble
- Prop pushing
- May march fully, but on-air only - member needs to focus on their surroundings/environment; DO NOT PLAY HORN

**Stage 5** (return-to-play):

- Full participation in rehearsals, shows, music blocks, and ensemble

**GUARD**

**Stage 1** (light aerobic exercise):

- Walk at brisk pace or jog for no more than 30 min.
- Goal: to increase heart rate

**Stage 2** (section specific drills):

- Flag/weapons basics without equipment
- Body warm-up and stretch
- No across the floors, NO ENSEMBLE

**Stage 3** (non-contact drills):

- Full basics with equipment (may spin, NO tossing)
- Dance with across the floors
- NO ENSEMBLE

**Stage 4** (full-contact drills):

- Sectionals
- Spinning on the move
- Dance with across the floors
- Prop pushing
- Ensemble: may march fully with equipment. May spin on the move, but no tossing - member needs to focus on their surroundings/environment

**Stage 5** (return-to-play)

- Full participation in rehearsals, shows, music blocks, and ensemble (full tosses)