

**Augustana University
Cerebral Concussion (MTBI)
Return to Learn Protocol**

The following Return to Learn protocol will be utilized by the sports medicine staff of Augustana University with the management of a student athletes head injury. The following steps will be followed as a guideline to return the student athlete to normal academic performance.

- All student athletes participating in baseball, men's and women's basketball, football, women's soccer, softball, spirit squad, volleyball, wrestling and pole-vaulters in track and field are required to participate in computerized ImPACT baseline testing.
- Student athletes are required to report any head injury related symptoms to the Certified Athletic Training staff of the University.
- A clinical examination and a SCAT3 test will be performed by a member of the Certified Athletic Training staff to evaluate the student athletes head injury.
- If a concussion is suspected, the student athlete will be educated on the importance of both mental (cognitive) and physical rest. A post injury ImPACT test will be administered. Based upon the results of this test this may require removal from physical activity and/or require academic accommodations in the classroom. A student athlete's removal from physical activity will follow the Return to Play Protocol.
- Cognitive rest involves minimizing potential cognitive stressors, such as school work, video games, reading, texting, computers, team meetings, film sessions and watching television. The period of time needed to avoid class or homework should be individualized and will be determined by the team physician. If the student athlete cannot tolerate light cognitive activity, he/she should remain at home or in the residence hall.
- The team physician will complete the ImPACT Academic Accommodations checklist document which will be explained to the student athlete and sent to the director of the Accessibility and Academic Support Services Department. The director will then notify the student athlete's academic instructors / professors that the student athlete is to be excused from cognitive stressors, including attending class, reading assignments, writing assignments and taking quizzes and/or examinations.
- Once the student athlete self-reports that they are symptom free, the student athlete will more than likely re-take the computerized ImPACT test. The team physician will review the ImPACT test and compare the test scores to the baseline test. He/she will then make a decision on the student athlete's ability to return to either cognitive and/or physical activities based upon a step wise progression. This will be communicated with the Accessibility and Academic Support Services Department. **A student athlete will not be allowed to return to physical activity prior to returning to cognitive activity (ie. academic classroom).**
- If at any point the student athlete becomes symptomatic (ie. more symptomatic than baseline), the team physician will be notified and the student athlete will return to complete cognitive and physical rest until symptom free.
- For those student athletes whose symptoms persist for longer than two weeks, the student athlete may need a change in their class schedule; special arrangements may be required for extended absences, tests, term papers and projects. This will be coordinated through the Accessibility and Academic Support Services Department.