

## **AISD Concussion Return-to-Play Protocol**

The Austin ISD Athletic Training Department has developed a Return-to-Play Progression that meets UIL recommendations and the requirements of Section 38.157 of the Texas Education Code, as outlined in HB 2038.

Austin ISD employs licensed Athletic Trainers to monitor the progress of student-athletes who have sustained a possible concussion. If a concussion is suspected, please contact the Austin ISD Athletic Training Department for guidance and next steps.

Before beginning the Return-to-Play progression:

- The athlete must be evaluated and cleared by a physician (required for Stages 3–6).
- A completed concussion packet must be on file.
- The athlete must be evaluated by a district athletic trainer.
- The athlete must be symptom-free for at least 24 hours.

Each stage must be completed with a minimum of 24 hours between stages. The athlete must remain symptom-free during, after, and between each stage to progress. If symptoms return at any time, the progression will stop and may resume only after the athlete is symptom-free for 24 hours.

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### **Austin ISD Return-to-Play Progression**

- Stage 0: Relative Rest
- Stage 1: Light Aerobic Activity (10–15 minutes)
- Stage 2: Moderate Aerobic Activity (15–30 minutes)

*Stages 0–2 do not require physician clearance.*

- Stage 3: Individual Sport-Specific Training (30–45 minutes)
- Stage 4: Non-Contact Sport-Specific Training (45–60 minutes)
- Stage 5: Full Practice (including contact, if applicable)
- Stage 6: Return to Competition

*Physician clearance is required to begin Stages 3–6.*

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### **Concussion Management Program**

Austin ISD utilizes an electronic concussion assessment program to support the evaluation and management of head injuries. This non-invasive baseline test is administered prior to participation in certain contact sports and takes approximately 20 minutes to complete.

The assessment measures memory, reaction time, processing speed, and concentration. It is not an IQ test and poses no risk to the student-athlete. If a concussion is suspected, a post-injury assessment will be administered. Baseline and post-injury results may be shared with a physician to assist in determining when it is safe for the athlete to return to play.

Parents/guardians will be promptly notified if a head injury is suspected. Austin ISD administration, coaches, and athletic training staff are committed to prioritizing student-athlete health and safety. Participation in this testing program is strongly recommended but not required for athletic participation.

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### **Acknowledgment and Consent**

I acknowledge that I have read and understand the Austin ISD Concussion Return-to-Play Protocol and Concussion Management Program. I understand the requirements for progression and the importance of reporting symptoms.

I consent to my child's participation in the concussion assessment program, including registration on cogstate.com and/or impacttest.com, and accept the associated terms of use and privacy policies.