



Delaware Interscholastic Athletic Association Concussion Protocol

1. If an athlete exhibits signs or symptoms consistent with a concussion, they shall be removed from play immediately. A qualified health care professional must then determine whether or not an apparent concussion has occurred. If a qualified healthcare professional is not present, the injury must be treated as a concussion and the student not be allowed to return to practice/game until determined otherwise by a qualified healthcare professional. If the qualified healthcare professional is unable to rule out a concussion, the athlete must be referred for further evaluation and written clearance before the athlete may return to play. If a potential concussion, loss of consciousness or apparent loss of consciousness has occurred, the athlete may only return to practice/game after the administrative head of school or designee receives written clearance from a qualified physician. No athlete shall return to practice or play (RTP) on the same day of a concussion. Any athlete with a concussion should be evaluated by their primary care provider or qualified healthcare professional that day.
2. A qualified healthcare professional shall be defined as a MD or DO; or school nurse, nurse practitioner, physician assistant, or athletic trainer, with collaboration and/or supervision by a MD or DO as required by their professional state laws and regulations. The qualified healthcare professional must be licensed by their state, be in good standing with the State of Delaware, and if the evaluation is provided on site must also be approved or appointed by the administrative head of school or designee, or the DIAA Executive Director.
3. "Written Clearance from a qualified physician" for return to play after a potential concussion shall be a MD/DO only. The preferred method would be to use the form that is attached. [ACE Care Plan]. After medical clearance, return to play should follow a step-wise protocol with provisions for delayed return to play based upon the return of any signs or symptoms.
4. Failure to comply with medical requirements found in DIAA regulation section 3.0 shall result in that individual or school being considered "ineligible" and shall be penalized according to DIAA regulation 1008.2.9 or 1009.2.10 as applicable.
5. Each student athlete and the athlete's parent or guardian shall annually sign and return a concussion information sheet prior to initiating practice or competition.
6. Each certified and emergency coach shall complete concussion training once every two years. The NFHS online concussion course "Concussion in Sports: What you need to Know" is the approved training course.

Delaware Interscholastic Athletic Association
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This form is adopted from the Acute Concussion Evaluation care plan developed by the CDC (www.cdc.gov/injury). All medical providers are strongly encouraged to use this form for concussed athletes participating in DIAA sports. While other forms may be used, **all medical providers must abide by DIAA protocol** (http://www.doe.k12.de.us/infosuites/students_family/diaa/) **including the return to play plan** noted above, before an athlete may return to athletics.