1) Obtain Baseline Testing: All incoming freshman and transfer students will be asked to take the Impact Test prior to the start of their respective seasons. Athletes who have sustained a head injury during the school year will be asked to take the impact test again prior to the start of their next season.

2) Prior to the start of each respective sport season the athletes will be educated on what concussions are and that they must report any signs or symptoms to their athletic trainer. All athletes will sign an Injury and Illness Reporting Acknowledgment Form acknowledging that they have been provided with educational material on head injuries.

3) Concussion identified and Assessed: Physical examination and assessment of concussion symptoms by medical staff (athletic trainer, physician and or physician assistant). IF the athlete is experiencing any signs or symptoms of a concussion they will be withheld from physical activity for at least 24 hours. If a medical emergency athlete will be transported to the closest emergency facility. If athlete is stable they will be monitored by the athletic trainer daily and will be administered the Graded Symptom Checklist (GSC). The athlete will be sent home with head injury management card and given a follow-up appt. with their athletic trainer.

4) Concussion Management: Athlete will be held from physical activity; will be re-assessed daily by the athletic training staff and will continue to be administered the GSC. Team physician will be updated with athlete’s status.

5) Asymptomatic Athlete: the athlete will repeat the IMPACT test and results will determine if athlete will begin physical exertion.

6) Baseline Testing normal: physical exertion testing may begin. Re-evaluation by appropriate medical personnel for return to play decision/progression.

7) Test Results NOT returned to baseline; when cleared repeat test; the repeat test will not be allowed on consecutive days; (i.e. Tuesday and then Wednesday); be re-evaluated for decision to return to play.

Note: This document has been adapted to specifically address issues at Winona State University. Modifications have been made from the following:

- University of North Carolina at Chapel Hill Sport Concussion Policy (2010)