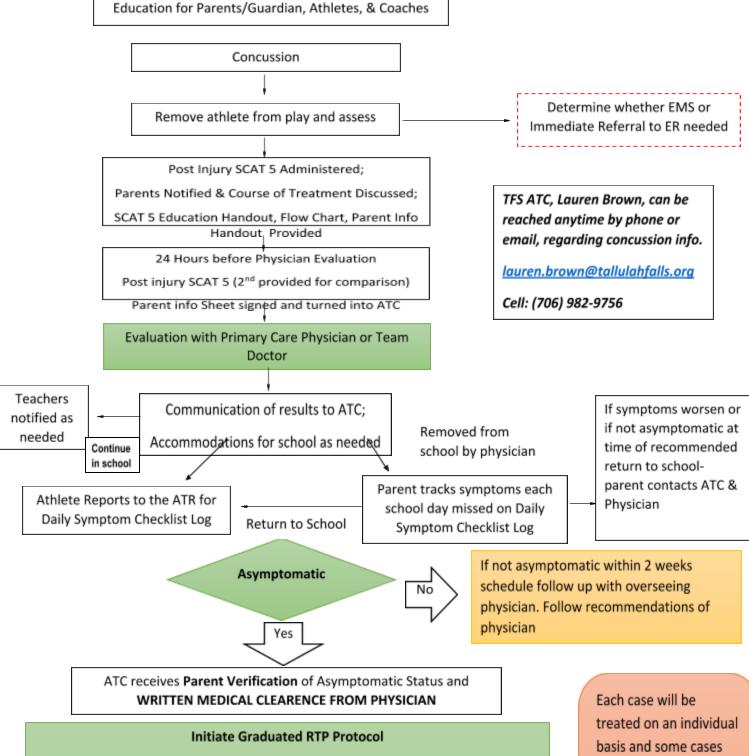
Tallulah Falls School Concussion Management Protocol

(revised 9/4/2018 In accordance with NATA, GHSA, and CDC Protocol)



Each stage will be given in 24 hour increments, If at any point in this return to play protocol symptoms arise the student athlete will stop the protocol and begin at stage one again when they are symptom free.

Stage One- Light Aerobic Activity (Bike 20 min/jog 1 mile)

Stage Two- Heavy Aerobic Activity (mod. Intensity weight lifting/1 mile run)

Stage Three- Sport Specific Drills (15-20 min of sprinting and agilities)

Stage Four- Non Contact Practice (non-contact limited practice and/or weightlifting)

Each case will be
treated on an individual
basis and some cases
may progress faster or
slower depending on
the orders of the
overseeing physician
and/or the daily
evaluations of the
onsite Certified Athletic
Trainer.