



CONCUSSION TRAVEL POLICY & PROCEDURES

I believe that _____ has sustained a concussion on _____. To make sure that he/she recovers as quickly and safely as possible, please follow these important recommendations:

1. Rest and sleep is the best treatment for a concussion. No form of physical activity that gets the athlete's heart rate up should be attempted. Any form of daily living activities that makes the athlete's symptoms worse should be stopped immediately.
2. The safest option for an athlete who has sustained a concussion during a road trip is for the athlete to stay at the hotel with a chaperone during team games/activities. If this is absolutely not an option, the athlete can go to the game but must stay in the car with a chaperone. During this time, the athlete should not have his/her cell phone or any other electronic device.
3. Whenever an athlete is at the hotel, he/she needs to be in his/her room alone, if possible. Room accommodations should be made so that the athlete will have the most amount of uninterrupted rest. Roaming the halls, hanging out with teammates, or any other form of playful activity should not be attempted.
4. The athlete should not watch TV, use his/her cell phone, computer, iPad, or any other electronic device that could make his/her concussion symptoms worse.
5. If the athlete has homework, it can be attempted intermittently. However, if any concussion symptoms worsen or other symptoms present, it should be stopped immediately.
6. 400mg of Tylenol is an acceptable pain reliever that can be taken by the athlete every 4 hours, as needed, for headache.
7. The athlete may eat any food he/she wants in moderate amounts. However, avoid spicy foods. Hydration is very important.
8. The Athletic Trainer will check in daily with the athlete to monitor symptoms.
9. Upon arrival back home, the athlete will need to see his/her primary care physician. Once the athlete is cleared for full return to play, the Athletic Trainer will need proper documentation from the physician stating clearance.

If you have any questions, comments, or concerns please do not hesitate to reach out. Contact info below.

Athlete Signature: _____ Date: _____

Chaperone Signature: _____