

Dear Future and Returning Spartan Athletes and Parents:

June 2019

The Glenbrook North Athletic Department hopes you are enjoying your summer break. We look forward to the fall and the beginning of our sports programs. We trust you are planning on being a part of our fine athletic tradition. The GBN Athletic Department offers a varsity of activities for both boys and girls. We have something for athletes of all sizes and abilities. We hope you become a contributing member of our future athletic successes.

Before you are allowed to try out for a team, practice, or be issued equipment, you must complete the athletic piece of the online registration process (which is available within your Power School Portal) and you must submit the athletic physical form to the GBN Athletic Department. The athletic physical form is available to download during the online registration process (it is also available on the athletic website). We encourage you to keep a copy of the physical for your records. You can mail your completed athletic physical form to: Glenbrook North Athletic Department, 2300 Shermer Road, Northbrook, IL 60062. It can also be faxed to (847) 509-2602 or emailed to kkarp@glenbrook225.org

Per the IHSA (Illinois High School Association) your athletic physical is valid for **395 day (13 months)** from the actual physical date. To avoid the possibility of a physical expiring and your daughter/son becoming ineligible, we urge you to have the exam during the summer months and prior to the start of fall tryouts/practices. If you are a returning athlete you may have a valid physical on file in the athletic office from the previous year, however you still need to complete the athletic piece of the online registration for all Glenbrook students.

Once again, the Athletic Department will be offering a complimentary family-plan ticket with your GBN Booster Club membership. The basic membership sells for only \$50.00. The family plan ticket admits your complete family (excluding children high school age or older) to all District #225 athletic events except IHSA tournaments. You can purchase this package online during the registration process or via mail when you receive membership information for the GBN Booster Club.

For cut sports, all tryouts are scheduled for at least 3 days and athletes are expected to attend all tryout dates without exception. Should an extenuating circumstance arise, such as a religious observation, documented injury or death in the family, please contact the Head Coach as soon as possible. For non-cut sports, it is equally important to be at the first scheduled day of practice. We expect all GBN Athletes to attend all scheduled practices and contests during their season. All athletic teams have specific requirements regarding attendance for practices and contests. Please feel free to contact the Head Coach or Athletic Office with questions regarding guidelines and procedures prior to the start of tryouts. Attached is the first date, time and places for fall sport tryouts.

Sincerely,

John Catalano
Athletic Director

Enclosures

If you need specific information regarding a fall sport, you can contact the head coach at the below email:

Girls' Cross Country, Bob LeBlanc: rleblanc@glenbrook225.org

Boys' Cross Country, Bill Race: wrace@glenbrook225.org

Football, Matt Purdy: mpurdy@glenbrook225.org

Girls Tennis, Peg Holecek: mholecek@glenbrook225.org

Boys' Soccer, Paul Vignocchi: pvignocchi@glenbrook225.org

Boys Golf, Justin Gerbich: jgerbich@glenbrook225.org

Girls' Golf, Mike Schroeder: mschroeder@glenbrook225.org

Girls' Swimming & Diving, Jarod Schroeder: jschroeder@glenbrook225.org

Girls' Volleyball, Tiffany Kim: tkim@glenbrook225.org

GIRLS FALL SPORT TRYOUT SESSIONS BEGIN (MANDATORY 3 DAY TRYOUT):

SPORT	LEVEL	DATE	TIME	LOCATION	COACH	EQUIPMENT NEEDED
GOLF, Girls	ALL LEVELS	Mon 8/12/19	9:00 a.m.	Pro Shop - Sportman's	M. Schroeder	Golf Clubs (No Blue Jeans, T-shirts, or Cutoffs)
* 45 minute meeting - will return later in the morning for tee times						
SWIM, Girls	ALL LEVELS	Mon 8/12/19	TBD	TBD	J. Schroeder	Dress To Swim
The Glenbrook North Pools will be under construction during tryouts and for the start of the school year. We are still working on the schedule as we will be using the pool at Glenbrook South and possibly an outdoor pool. If you are going out for the swimming/diving team, you can email kkarp@glenbrook225.org and she can email you when information becomes available, which will be around the 1st week in August.						
DIVERS, Girls	ALL LEVELS	Mon 8/12/19	TBD	TBD	J. Roby	Swimsuit, gym shoes, shorts, and t-shirt
TENNIS, Girls	VARSITY & JUNIOR VARSITY	Wed. 8/14/19	9:00 a.m.	GBN Tennis Courts (Rain Gym D-104)	P. Holecek & E. Shamrock	Dress To Play
TENNIS, Girls	FRESHMAN	Wed. 8/14/19	1:00 p.m.	GBN Tennis Courts (Rain Gym D-104)	L. Faulkner	Dress To Play
VOLLEYBALL, Girls	ALL LEVELS	Mon 8/12/19	8:00 a.m.	GBN Main Gym	T. Kim	Dress To Play
X-COUNTRY, Girls	ALL LEVELS	Mon 8/12/19	8:00 a.m.	Outside between fieldhouse and tennis courts	B. LeBlanc	Running Shoes Dress To Run

BOYS' FALL SPORT TRYOUT SESSIONS BEGIN (MANDATORY 3 DAY TRYOUT):

SPORT	LEVEL	DATE	TIME	LOCATION	COACH	EQUIPMENT NEEDED
FOOTBALL, Boys	ALL LEVELS	Mon 8/12/19	8:00 a.m.	Practice Field	M. Purdy-Varsity M. Miller-Soph. S. Williams-Frosh	Shoes, Mouth Guard, Supporter, Lock
GOLF, Boys	ALL LEVELS	Mon 8/12/19	9:00 a.m.	Pro Shop-Sportsman's	J. Gerbich	Golf Clubs (No Blue Jeans, T-shirts, or Cutoffs)
*45 minute meeting - will return in the afternoon for tee times						
SOCCER, Boys	VARSITY & JUNIOR VARSITY	Mon 8/12/19	6:00 a.m.	GBN Stadium	P. Vignocchi-Varsity C. Niemiec-JV	Dress To Play
SOCCER, Boys	SOPHOMORE & FRESHMAN	Mon 8/12/19	8:00 a.m.	GBN Fieldhouse	C.Loch-Sophomore T. Valsamis & J. Nowak-Frosh	Dress To Play
X-COUNTRY, Boys	ALL LEVELS	Mon 8/12/19	8:00 a.m.	Outside between fieldhouse and tennis courts	B. Race	Running Shoes Dress To Run

* The entire practice/tryout schedule will be discussed at the first day of each sport session.

* There is a 3 day mandatory tryout for athletes.

DISTRICT #225 INTERSCHOLASTIC ATHLETIC PHYSICAL FORM

PER IHSA GUIDELINES, THIS PHYSICAL IS VALID FOR 13 MONTHS FROM THE ACTUAL PHYSICAL DATE

TO BE COMPLETED BY THE PARENT AND STUDENT:

STUDENT NAME: _____ Male or Female _____ SCHOOL ID #: _____

NAME OF SPORT (S): _____

Year in School: 9 10 11 12 Date of Birth _____ School Attended Last Year: _____

Parent(s) Name: _____ Home Phone: _____

Home Address: _____ City: _____

Name of Doctor: _____ Doctor's Phone: _____

Doctor's Address: _____ City: _____

DISTRICT #225 PARENT CONSENT FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

I (we) as parent/legal guardian understand that the school district has made available an accident insurance program in which my child may enroll and that the program is optional and limited to coverage specified in the brochure. I (we) realize there is a possibility that child may suffer injury, including permanent paralysis or death, as a result of participation in such interscholastic competition or preparation therefore. I (we) further understand that the school district disclaims any financial responsibility for the costs of medical treatment, hospitals, ambulances or paramedics, etc. arising out of or by virtue of an injury to my (our) child while participating in such interscholastic competition or preparation therefore. My (our) child has my (our) approval to participate in interscholastic sports.

IHSA BANNED SUBSTANCE TESTING POLICY – CONSENT to RANDOM TESTING

Any student-athlete who ingests or otherwise uses any of the banned substances (complete list can be found in either our student handbook or athletic handbook) without written permission by a licensed physician, to treat a medical condition, violates IHSA bylaw 2.170 and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

Signature of Student: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

TO BE COMPLETED BY DOCTOR/PHYSICIAN:

STUDENT NAME: _____ HEIGHT: _____ WEIGHT: _____

COMMENTS: _____

Athletics Allowed: **ALL SPORTS** _____

Badminton _____	Cross Country _____	Soccer _____	Volleyball _____
Baseball _____	Football _____	Softball _____	Wrestling _____
Basketball _____	Golf _____	Swim/Dive _____	Water Polo _____
Cheerleading _____	Gymnastics _____	Tennis _____	*GBS only, Girls _____
*GBN only, Bowling _____	Lacrosse _____	Track/Field _____	*Field Hockey _____
			*Poms _____

I hereby certify that I have examined the above named student and there appears to be no medical reason why he/she is not physically able to compete in supervised athletic activities, indicated above, in District #225.

Doctor's Signature: _____ Actual Physical Date: _____
(please use hand stamp with signature)

GLENBROOK NORTH HIGH SCHOOL ATHLETIC DEPARTMENT ~ GENERAL ANNOUNCEMENTS

PHYSICAL EXAMINATIONS

All athletes are required to have a physical examination. All athletes should have their physicals prior to August 12, 2019. Make an appointment with your doctor early so that you do not miss tryouts or practices. We suggest you keep a copy of the physical forms. **The athletic physical form is available to download and complete as part of the online registration for all Glenbrook students. This will be available within your PowerSchool Portal** (it is also available on GBN athletic website). Per Illinois High School Association guidelines, **your physical is only valid for 13 months from the actual date of physical**. To avoid the possibility of the physical expiring and your daughter/son being ineligible, we urge you to have the exam during the summer months and prior to the start of fall tryouts/practices.

INSURANCE

Information regarding student accident insurance will be emailed to you in the opening of school packet.

TEST DATES

For your convenience in planning ahead, here are the 2019-2020 national test dates. Many options are available to you to avoid conflicts with scheduled contests. Please plan ahead.

SAT TEST DATES

August 24, 2019
October 5, 2019 (at GBN)
November 2, 2019
December 7, 2019 (at GBN)
March 14, 2020
May 2, 2020
June 6, 2020

ACT TEST DATES

September 14, 2019 (at GBN)
October 26, 2019
December 14, 2019
February 8, 2020 (at GBN)
April 4, 2020
June 13, 2020 (at GBN)
July 18, 2020

LOCKERS AND LOCKS

Athletic lockers are assigned to each athlete when equipment is issued. Each athlete must furnish a lock. Locks may be purchased at the bookstore. Lockers should be locked at all times.

EQUIPMENT

Each athlete is directly responsible for all equipment/uniforms that are issued to the athlete. All equipment/uniforms must be turned in immediately following the conclusion of the season. Fees will be assessed for items that were issued but not returned by the athlete (**including lost and stolen items**). Any returning athlete who still has equipment out from the prior season will not be issued any other equipment or permitted to register at the book sale until this obligation has been taken care of.

ATHLETIC TRAINER

The Glenbrook North Athletic Department has certified athletic trainers on staff. Our Head Athletic Trainer is Ryan Moran, and he can be reached at 847.509.2600 on school day afternoons. Our Assistant Trainers are Colleen Lempa at 847.509.2608 and TBA at 847.509.2674.

SPECIFIC ANNOUNCEMENTS

FOOTBALL

Mouth Guards-The rules require each player to have and wear a mouth guard that is visible and attached to the helmet – clear mouth guards are NOT allowed. If you have a particular problem, see your dentist for advice and counsel. Mouth guards are available at most sporting goods stores.

Football Shoes-The 2019 rules state that cleats on football shoes may be no longer than 1/2 inch in length. There are several different types of shoes available; however, if you purchase new shoes, be sure that they meet the requirement. Our staff strongly recommends shoes with screw on cleats, not the molded cleat shoes. To break in your shoes, get them early and wear them before practice starts.

Days of Practice-The Illinois High School Association rules state that a football player must have 12 days of practice before playing in his first game.

IHSA: The IHSA may be adopting an acclimatization policy for all interscholastic athletic programs in the fall of 2019. If adopted all Glenbrook North teams will be following the protocols set forth by the Sports Medicine Advisory Committee.

GOLF (below fees for golf are fairly accurate estimates but are subject to change per Sportsman's)

All golfers (boys and girls) should be prepared to pay a \$25.00 daily tryout fee (payable directly to Sportsman's on a daily basis). All golfers who make the team will be required to pay an additional fee of (approximately) \$200.00 for the season (checks made payable to Glenbrook North High School).

Glenbrook North High School
Important Tips for Parent/Coach Communication
Athletic Director: John Catalano, Assistant Athletic Directors: Matt Purdy and Paul Vignocchi

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect From Your Child's Coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team rules and requirements, i.e., fees, special equipment, specific team rules.
5. Procedures followed should your child be injured during participation.
6. Discipline that result in the denial of your child's participation.

Communication Coaches Expect From Parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regards to a coach's philosophy and/or expectations.

As your child becomes involved in the high school programs at Glenbrook North, they will experience some of the most rewarding moments of their lives. It is also important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach may be necessary.

Appropriate Concerns To Discuss With Your Child's Coach:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing or not receiving their choice of starting position. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As noted in the list above, certain things can be and should be discussed with your child's coach. Other topics, such as the ones listed on the next page, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches:

1. Playing time
2. Starting positions
3. Team strategy
4. Play calling
5. Other student-athletes

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When the conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

If You Have A Concern, Please Follow The Procedures Listed Below:

1. Call the coach to set up an appointment.
2. The Glenbrook North number is (847) 272-6400.
3. If the coach cannot be reached, please call the Athletic Director, Mr. John Catalano. Mr. Catalano will assist in setting up the meeting for you.
4. Please do not attempt to discuss the issue with a coach before or after a practice. These can be emotional times for the parent, player and the coach. Meetings of this nature do not promote resolution.

What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution:

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next steps can be determined.

Research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

We hope that the information provided in this pamphlet would make both your child's and your experience with the Glenbrook North Athletic Program less stressful and more enjoyable.

SPARTAN HOTLINE

Please do not call the Athletic Department for contest times or cancellations.

Call the Spartan Hotline at (847) 509-2607. The hotline is updated daily and if changes occur.

Interscholastic Athletics

Interscholastic athletics are offered for the more serious minded and dedicated athlete. These teams compete against other schools. Athletes are expected to attend all daily practices, games, and meets. The following is a list of interscholastic (IHSA Sponsored) sports in which GBN competes, their respective seasons and official starting dates and the sports where "cuts" occur. It is an expectation for your son/daughter to be at tryouts every day – not being at tryouts will adversely affect their chance of making the team.

Fall Sports

<u>Sport</u>	<u>Starting Date</u>	<u>Cut</u>
Boys' Cross Country	8/12/19	No
Girls' Cross Country	8/12/19	No
Football	8/12/19	No
Boys' Golf	8/12/19	Yes
Girls' Golf	8/12/19	Yes
Boys' Soccer	8/12/19	Yes
Girls' Swimming	8/12/19	No
Girls' Diving	8/12/19	No
Girls' Tennis	8/14/19	Yes
Girls' Volleyball	8/12/19	Yes

Winter Sports

<u>Sport</u>	<u>Starting Date</u>	<u>Cut</u>
Boys' Basketball	11/11/19	Yes
Girls' Basketball	11/4/19	Yes
Boys' Bowling	10/28/19	Yes
Girls' Bowling	11/18/19	No
Cheerleading	10/28/19	Yes
Girls' Gymnastics	11/11/19	Yes
Boys' Swimming	11/25/19	Yes
Boys' Diving	11/25/19	No
Boys (indoor) Track & Field	1/27/20	No
Girls' (indoor) Track & Field	1/27/20	No
Wrestling	11/11/19	No

Spring Sports

<u>Sport</u>	<u>Starting Date</u>	<u>Cut</u>
Girls' Badminton	3/2/20	Yes
Boys' Baseball	3/2/20	Yes
Boys' Gymnastics	2/17/20	Yes
Boys' Lacrosse	3/2/20	Yes
Girls' Lacrosse	3/2/20	Yes
Girls' Soccer	3/2/20	Yes
Girls' Softball	3/2/20	No
Boys' Tennis	3/2/20	Yes
Girls' Track & Field	Mid-March	No
Boys' Track & Field	Mid-March	No
Boys' Volleyball	3/9/20	Yes
Boys' Water Polo	3/2/20	No
Girls' Water Polo	3/2/20	No

Glenbrook High School District 225

BOARD POLICY 8600 INFORMATION

STUDENT ATHLETE CONCUSSIONS AND HEAD INJURIES

IHSA Concussion Information Sheet & School District 225 Return-to-Learn and Return-to-Play Protocols

IHSA CONCUSSION INFORMATION SHEET

INTRODUCTION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

SIGNS AND SYMPTOMS OF CONCUSSION

Symptoms reported by an athlete may include one or more of the following:

- Headache
- “Pressure in the head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents, and coaches may include one or more of the following:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays or is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

WHAT CAN HAPPEN IF MY CHILD KEEPS PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to the student-athlete's safety.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Youth Sports Concussion Safety Act requires athletes to complete the Return-to-Play (RTP) protocols for their school prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. When in doubt, the athlete sits out.

For current and up-to-date information on concussions, you can go to www.cdc.gov

SCHOOL DISTRICT 225 RETURN-TO-LEARN AND RETURN-TO-PLAY PROTOCOLS

In accordance with state law, athletes are required to complete the district's Return-to-Learn and Return-to-Play Protocols, and provide written clearance from the student's appropriate health care provider prior to returning to play or practice following a concussion, or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. An appropriate health care provider is defined as a physician licensed to practice medicine in all its branches in Illinois (MD/DO), a certified athletic trainer, an advanced practice nurse, or a physician assistant.

SIDELINE MANAGEMENT OF CONCUSSION

1. **Did a concussion take place?** Based on mechanism of injury, observation, history and unusual behavior and reactions of the athlete, even without loss of consciousness, assume a concussion has occurred if there is a mechanism of injury and concussion symptoms occur.

2. **Does the athlete need immediate referral for emergency care?** If confusion, unusual behavior or responsiveness, deteriorating condition, loss of consciousness, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.
3. **If no emergency is apparent, how should the athlete be monitored?** After the injury, mental status, attention, balance, behavior, speech and memory should be examined until stable over a few hours. If appropriate medical care is not available, an athlete even with mild symptoms should seek medical evaluation before returning to activity.
4. **No athlete suspected of having a concussion should return to the same practice or contest, even if symptoms clear quickly.**

IF NO MEDICAL PERSONNEL ARE ON HAND AND AN INJURED ATHLETE HAS SYMPTOMS OF A CONCUSSION, HE OR SHE SHOULD SEEK APPROPRIATE MEDICAL CARE BEFORE RETURNING TO ACTIVITY.

RETURN-TO-LEARN PROTOCOL

Student athletes who have sustained a concussion may need informal or formal academic accommodations and modification of curriculum. In accordance with Youth Sports Concussion Safety Act, the school's certified athletic trainer and registered nurse, in conjunction with the student's health care provider, will evaluate and monitor concussion symptoms, institute academic accommodations as deemed necessary, and progress the Return-to-Learn process based on current scientific evidence.

RETURN-TO-PLAY PROTOCOL

The Return-to-Play protocol should follow a step-wise progression with provisions for delayed Return-to-Play based on return of any signs or symptoms. The Return-to-Play Protocol is as follows:

- Six-step progression with each step being completed approximately 24 hours apart.
 - Step 1: Symptom-limited activity: Activities that do not worsen symptoms
Goal: Gradual reintroduction of work/school activities.
 - Step 2: Light aerobic exercise: Walking or stationary bike workout
Goal: To increase heart rate with limited head movement.
 - Step 3: Sport-specific exercise: Jogging, sprinting, and calisthenics
Goal: To increase heart rate with head and body movement.
 - Step 4: Non-contact drill work at practice: Includes progressive resistance training
Goal: Increase conditioning, coordination, and cognitive load.
 - Step 5: Full contact practice: Participate in normal practice drills following medical clearance
Goal: Restore confidence and assess functional skills
 - Step 6: Clear for competition: Normal game play
- If symptoms return at any point, the step must be repeated again, without symptom provocation, before moving on with the progression.
- The progression above is a guideline and will be individualized for the athlete, sport, and injury.

REFERENCES

www.cdc.gov

www.ihsa.org

<http://bjism.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

Adapted by the IHSA from the CDC and the Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016 (document published April 2017)