

Sports Related Concussions

Head injuries in youth sports are a serious matter. The Athletic Staff at Shepton High School takes every precaution to ensure the health and safety of your child while they participate in athletics. However, head injuries do and will occur. We have devised a protocol that we follow in regards to sports related concussions.

We have devised our protocol from the following two research papers:

- National Athletic Trainers Association position statement regarding [management of sports related concussions](http://www.nata.org). <http://www.nata.org>
- UIL statement regarding [concussions](http://www.uil.utexas.edu/athletics/health/index.html#add_info). http://www.uil.utexas.edu/athletics/health/index.html#add_info
- UIL statement regarding [head injury information](http://www.uil.utexas.edu/athletics/health/index.html#add_info). http://www.uil.utexas.edu/athletics/health/index.html#add_info
- UIL statement on [reducing head and neck injuries during football](http://www.uil.utexas.edu/athletics/health/index.html#add_info). http://www.uil.utexas.edu/athletics/health/index.html#add_info
- UIL statement on [how to keep the head out of football](http://www.uil.utexas.edu/athletics/health/index.html#add_info)http://www.uil.utexas.edu/athletics/health/index.html#add_info.

If you suspect that your child has sustained a concussion during competition or practice, and they have not reported to us, please have him/her see a physician or emergency room doctor. Also inform us as soon as possible.

The return to play protocol will be determined by your physician.