



PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT
CONCUSSION POLICY (Updated 8/2026)

What is a Concussion?

A concussion is a brain injury that:

- Is caused by a blow to the head or body
- Can result from contact with another player or hard surface, or being hit by a piece of equipment
- Can change the way your brain normally works
- Can change from mild to severe
- Presents itself differently for each athlete
- Can occur during practice or competition for **ANY** sport
- Can happen even if you do not lose consciousness

Signs and symptoms of concussion

Signs:

- Confusion
- Disorientation, Balance difficulties
- Memory Loss
- Dazed or vacant stare

Symptoms include:

- Headache
- Blurred/double vision
- Ears ringing/hearing problems
- Dizzy/ balance problems
- Confusion
- Fatigue
- Difficulty concentrating
- Amnesia
- Sensitivity to light or noise
- Irritability or nervousness
- Nausea
- Concentration at school, home, or sports
- Slowed reaction time



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RED FLAG SYMPTOMS

Go to the E.R. if you experience any of these symptoms

- Worsening headache
- Repeated vomiting
- Increased Drowsiness
- Difficulty Awakening
- Increased confusion or irritability
- Seizures
- Unequal pupils
- Weakness or numbness in the arms or legs
- Increased unsteadiness
- Increasing slurred speech
- Worsening vision

Colorado High School Activities Association Concussion Policy

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from participation and shall not return to play until cleared by a licensed healthcare practitioner (Doctor of Medicine, Doctor of Osteopathic Medicine, Licensed Nurse Practitioner, Licensed Physician Assistant, or Licensed Doctor of Psychology with Training in Neuropsychology or Concussion Evaluation and Management). Any health care professional or CHSAA coach may identify concussive signs, symptoms or behaviors of a student athlete during any type of athletic activity. Once concussive signs are identified, only a licensed healthcare practitioner (as defined above) can clear the athlete to return to play.

An online NFHS Concussion Course or an in-person concussion education seminar is required for all CHSAA coaches. These educational courses will aid in identifying symptoms of a concussion and the procedure to follow when these symptoms are recognized. The online course is available at www.nfhslearn.com. For more information regarding the management of concussions, please visit the CHSAA Sports Medicine Website at <http://www2.chsaa.org/sports/medicine/>.

<https://www2.chsaa.org/home/pdf/CHSAAConcussionPolicy.pdf>



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Step 1: Report it

Do not return to participate in a game, practice, or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

- Report symptoms to Athletic Trainer
- Evaluation by Athletic Trainer
- Begin Daily Symptom check list- Check in with Athletic Trainer, daily, to review symptoms.
- Athletic Trainer will refer to health care professional and report to Athletic Director and Coach

Step 2: Schedule appointment with a health care professional (MD, DO, NP or PA)

Your healthcare professional (MD, DO, NP or PA) can tell you when you are cleared to begin the return to play progression with your high school Athletic Trainer. No Student athlete will be able to start return to play without a letter from a healthcare professional.

Step 3: Take time to recover

If you have had a concussion, your brain needs time to heal. Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headaches or tiredness) to appear and/or get worse.

- No Screens: phone, TV, computer.
- Sleep/rest as much as you can.
- Sunglasses if sensitive to light, ear plugs if sensitive to noise. NO headphones.
- Speak to teachers about your concussion- teachers will be notified

Step 4: Full Return to Sport Participation

- Letter from Health care professional (MD, DO, NP or PA), stating that the athlete is cleared to begin the 5 step Return to play progression.
- No Concussion symptoms present
- Completed Return to play progression with high school Athletic Trainer

All of these steps must be completed, in order to return to full participation, with a concussion that has been sustained by athletic activity or outside of school.

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For more information, visit <https://chsaanow.com/sports-medicine?section=concussion>