

CONCUSSION OR HEAD INJURY

If a head injury is suspected, an athlete will **IMMEDIATELY** be pulled from practice or the game. Coaches will fill out the [NJUHSD Head Injury Evaluation Form](#), if the form indicates that symptoms of a suspected head injury are present the student will then take the form to a medical professional who will either diagnose them with a concussion or clear them to return to their sport. Return the signed form to your school Health Office.

If a student has been diagnosed with a concussion OR head injury, the CIF and NJUHSD have put in place a process to ensure that student athletes return to play appropriately. The link provided below contains the exact steps required in order to play full contact, also known as the Return to Play Protocol. This process is overseen by our Health Office staff. Communication will be sent to parents/guardians and coaches through every step of the process.

Please note that the process is a minimum of 7 days and physician clearance will be required to return to full practice and game play.