



### Baseline Testing

Baseline testing is done before the season starts to help medical staff diagnose a future concussion and make return-to-play recommendations. It includes balance, cognitive, and neurological tests.



### Concussion

If you are showing signs of a concussion, it is best to stop activity or be removed from play until evaluated by a health care professional.



### Recovery

It is best to get as much rest as possible for the first 24-48 hours. Once symptoms start to subside, it is ok to slowly return to daily activities.



### Return to Learn

Returning to school should be done gradually. Always talk to your health care provider for the best way to return to school. Accommodations may be made to aid your return.



### Return to Play

Once you are symptom free and your test scores are back to baseline, a step-by-step progression for returning to play can take place. Your health care provider will take you through each step to increase activity.

**If at any point symptoms return during the return-to-learn and return-to-play progressions, consult your health care provider as adjustments will need to be made.**

#### Barrow Concussion and Brain Injury Center

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