



The Citadel Sports Medicine
Concussion Protocol
for Intramural, Club and Recreational Athletics
2019 - 2020

Team, Club or Activity _____

Per guidelines established by the National Collegiate Athletic Association (NCAA), National Athletic Trainer's Association (NATA), Centers for Disease Control (CDC) and the International Rugby Board (IRB), the Citadel Sports Medicine's policy regarding concussive head trauma is as follows.

Any participant suspected of sustaining a concussion must be deemed neurologically intact by a college physician. Once asymptomatic, he or she must follow this protocol in order to return to participation:

- A participant who suffers a concussion or exhibits concussive-like symptoms is immediately suspended from play for a minimum of two (2) weeks after symptoms subside.
- A participant who sustains a second concussion within three (3) months of previous is suspended for six (6) months.
- A participant who suffers three (3) concussions during his or her time at the Citadel must be cleared to return to participation by a neurologist.

I have read and accept responsibility for reporting signs or symptoms of a concussion to The Citadel Medical staff.

This _____ day of _____, _____

PRINTED NAME

SIGNED NAME

Complete this form, print it, and return it to the
ICRA Office
Deas Hall 202
843-953-7778