



## Delaware Interscholastic Athletic Association Concussion Protocol

1. If an athlete exhibits signs or symptoms consistent with a concussion, the athlete shall be removed from play immediately. A qualified health care provider must then determine whether or not an apparent concussion has occurred. If a qualified healthcare provider is not present, the injury must be treated as a concussion and the student shall not be allowed to return to play until evaluated by a qualified healthcare provider in an appropriate medical setting. If the qualified healthcare provider is unable to rule out a concussion, the athlete is ineligible to participate in practices, scrimmages, or contests until the athlete receives written clearance from a qualified healthcare provider. If a potential concussion, loss of consciousness or apparent loss of consciousness has occurred, the athlete may only return to practice/game after the administrative head of school or designee receives written clearance from a qualified healthcare provider. No athlete shall return to practice or play (RTP) on the same day of a concussion. Any athlete with a concussion should be evaluated by a qualified healthcare provider as soon as possible.
2. A qualified healthcare provider is defined as a Doctor of Medicine (MD), a Doctor of Osteopathic Medicine (DO), a Physician Assistant, an Advanced Practice Registered Nurse, athletic trainer, or sports physical therapist who is trained and experienced in the evaluation, management, and care of concussions or a license psychologist with training in neuropsychology and in the evaluation and management of concussions. Qualified Healthcare Providers shall be licensed by their state and in good standing with the State of Delaware.
3. "Written Clearance" for return to play after a potential concussion shall be a qualified healthcare professional only. The preferred method would be to use the DIAA ACE Care Plan. Return to play should follow a step-wise protocol with provisions for delayed return to play based upon the return of any signs or symptoms.
4. Failure to comply with medical requirements found in 14 Del. Admin. C. § 1034 section 3.0 shall result in that individual or school being considered "ineligible". The student athlete and member school shall be penalized by the Board for violations of the concussion protocol.
5. Each student athlete and the athlete's parent or guardian shall annually sign and return a concussion information sheet prior to initiating practice or competition.
6. Each certified and emergency coach shall complete concussion training once every two years. The NFHS online concussion course "Concussion in Sports: What you need to Know" is the approved training course.

Delaware Interscholastic Athletic Association  
John W. Collette Education Resource Center 35  
Commerce Way, Suite #1  
Dover, DE 19904  
Office: 302-857-3365  
Fax: 302-739-1769

---

This form is adopted from the Acute Concussion Evaluation care plan developed by the CDC (<https://www.cdc.gov/heads-up/hcp/providers/>). All medical providers are strongly encouraged to use this form for concussed athletes participating in DIAA sports. While other forms may be used, **all medical providers must abide by DIAA protocol** ([https://education.delaware.gov/diaa/health\\_and\\_safety/](https://education.delaware.gov/diaa/health_and_safety/)) **including the return to play plan**, before an athlete may return to athletics.