

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
1161 Route 130 North, Robbinsville, NJ 08691
Phone 609-259-2776 ~ Fax 609-259-3047

Collaborative Solutions for Safety in New Jersey Sports Concussion Injuries

1. The recognition of the symptoms of head and neck injuries, concussions, risk of secondary injury, including the risk of second impact syndrome; and
2. It is accepted by the NJSIAA that the priority of student-athletes is education. After sustaining a concussion, student-athletes should successfully return to full academic participation (when school is in session), using a multi-step return to learn protocol, prior to student-athletes return to play for sport.
 - a. Simultaneously, student athletes may engage in activities of sub-symptom threshold, such as vestibular, vision and exertional therapy (ex. sub-maximum aerobic strength training activity) in their recovery from sport related concussion as directed by their healthcare provider. However, this is part of the treatment protocol and is not considered return to play for sport.
3. Current guidelines for return to play consist of a graduated 5-step program as referenced in the state's model concussion protocol. However, it should be understood that management of concussion is an evolving public health concern which requires annual review of evidence-based management.