



RSA Concussion Protocol

RSA employs the RACER protocol, in conjunction with USA Swimming protocol:

- **Remove** the athlete from practice immediately.
- **Assess** the athlete.
- **Contact** the parent or guardian.
- **Email** the Director of Operations regarding the incident. If emergency responders are called, call the Director of Operations as soon as possible.
- **Require** a note from a health care provider clearing the athlete to return to the pool.

An Incident Report is completed as soon as the athlete is stabilized; it is understood that this may occur after practice if there is no one to assist the coach. As with all injuries sustained during a USA Swimming event, (practice, meet, outing), within twenty-four hours of the incident, a Report of Occurrence is filed with USA Swimming.

The coach will review the Incident Report with the parents or guardians as soon as possible. If unable to review the report at the time of the incident, the report will be forwarded to the parents via email, copying the Director of Operations.

Concussion protocol is subject to change at any time based on emerging guidelines from USA Swimming, as well as other factors employed by RSA in developing the protocol.