



RETURN TO PLAY GUIDELINES UNDER NEW MEXICO SENATE BILL 38

1. Remove athlete immediately from activity when signs/symptoms of a concussion are present.
 - a. *Coaches and Athletes must be educated in signs/symptoms of a concussion.*
2. Athletes must not return to full activity (practice or competition) prior to a minimum of 240 hours (10 days).
3. Athletes must be released by an appropriate medical professional before returning.
 - a. *MD, DO, PA, CNP, PT, Licensed Psychologist, Licensed Athletic Trainer (as per Senate Bill 38)*
4. School districts are required to develop head injury protocols (guidelines).
5. Coaches must follow the school district's head injury protocol when allowing athletes to return to play.
 - a. *Current guidance recommends a return to light-intensity aerobic activity, such as walking that does not more than mildly exacerbate symptoms, during the initial 24-48 hours following a concussion followed by a gradual return to sport.*
6. Coaches must continue to monitor for signs/symptoms once athletes return to activity.
7. School districts are required to inform parents/athletes of the potential risks of head injuries in sports.