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IHSAA SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSIONThe Language Above Appears In All National Federation Sports Rule Books As Part Of The Suggested Guidelines

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CARING FOR Your Child's Concussion • Encourage Outside Time, Such As Taking Short Walks. • Get Maximum Nighttime Sleep. Tips: Avoid Screen Time And Loud Music Before Bed, Sleep In A Dark Room, And Keep To A Fixed Bedtime And Wake Up Schedule. • Reduce Daytime Naps, Or Return To A Regular Daytime Nap Schedule (as Appropriate For Their Age). Feb 9th, 2024

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