

**641—54.2(280) Return-to-play protocol.** The return-to-play protocol will be developed by the Iowa high school athletic association and Iowa girls high school athletic union and be disseminated to Iowa public schools and accredited nonpublic schools. The protocol will be based on current evidence-based practice and will include the following process:

**54.2(1)** *Return-to-play process.*

*a.* No student will return to contest or practice the same day as a suspected concussion or other brain injury.

*b.* A student suspected of having a concussion will be evaluated by a licensed health care provider trained in the evaluation and management of concussion and other brain injuries as soon as feasible.

*c.* A student who has been removed from participation will receive written medical clearance prior to starting the return-to-play protocol.

*d.* The return-to-play steps shall be conducted under the guidance of a licensed health care provider following current best practice and as set forth by the Iowa high school athletic association and Iowa girls high school athletic union, with provision for delayed return-to-play steps as necessary.

*e.* Return-to-play may begin when the student is still symptomatic, after a brief period of rest.

*f.* No contact- or collision-related activities will be performed as part of the return-to-play steps until the student has written medical clearance from a licensed health care provider and has returned to pre-injury academic function.

**54.2(2)** Reserved.

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