



## CONCUSSION GUIDELINES AND PROCEDURES

### Education

Concussion education should be provided for all administrators, teachers, coaches, school nurses, athletic trainers and guidance counselors. Education of parents should be accomplished through preseason meetings for sports and /or information sheets provided to parents. Education should include, but not limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI's, management of the injury and the protocols for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

### Concussion Management Team

The District will assemble a concussion management team (CMT). The CMT will consist of the Athletic Director, school nurse, and school physician. The school administrator in collaboration with the Athletic Director will coordinate training for all administrators, teachers, coaches and parents. Training should be mandatory for all coaches, assistant coaches and volunteer coaches that work with these student athletes regularly. In addition, information related to concussions should also be made available to parents at the beginning of the sports seasons. Training should include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. The school nurse will act as a liaison for any student returning to school and/or play following a concussion. The nurse will review the appropriate plan for the student while the student is recovering. A plan for return will be developed by the medical doctor in collaboration with the parent, school nurse, athletic director and principal. Return to play following a concussion involves a stepwise progression once the individual is symptom free. No student athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free for 24 hours and has a signed release from the treating clinician, she/he may return to play progression. The progression may include; light aerobic activity, sports-specific activity, non-contact training drills, full contact practice and then return to play. Each step should take 24 hours and be closely monitored so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at the rest and with proactive exercise. If any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.