



Concussion Management Policy

The following policy is for all athletes and athletic teams at Anna-Jonesboro Community Unit School District No. 81. AJHS contracts Certified Athletic Trainers for Sports Medicine, this policy was formed and based on the Consensus Statement on Concussions in Sport: The 3rd International Conference on Concussion in Sports held in Zurich, 2008. The policy is in ordinance with IHSA guidelines and The National Athletic Trainers Association policy and procedures for concussions.

Definition of Concussion:

Sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces (with or without the loss of consciousness).

Defining The Nature of a Concussive Head Injury:

1. Concussion may be caused either by a direct blow to the head, face or neck or a blow elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairments of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the symptoms largely reflect functional disturbances rather than a structural injury.
4. Concussion may or may not involve loss of consciousness,
5. No abnormality on standard neuroimaging tests. (Neuro test can not detect concussions)

Pediatric Concussive Injury:

Children, ages (5-18) years old should not return to playing or training until clinically completely symptom free. Due to the physiological response during childhood head trauma, a conservative return to play approach is recommended. ***It may be appropriate to extend the amount of time of asymptomatic rest and/or length of the graded exertion in children and adolescents due to type of injury or history of previous concussions.***

Concussion Management:

To ensure appropriate management of concussions, baseline cognitive testing will be administered to all AJHS athletes prior to participation in sport. Concussion injuries will be appropriately managed by SIH Sports Rehabilitation Physicians, Primary Care Physicians or by Certified Athletic Trainers working under medical supervision. Concussion management ideally includes rest until all symptoms resolve and then implementing a graded program of exertion before return to sport.

When a player shows ANY symptoms or signs of a concussion:

1. The player will not be allowed to return to play the same day.
2. The player will not be left alone; and serial monitoring for deterioration will be essential over initial few hours following injury.
3. The player will be medically evaluated following injury with the use of the SCAT (Standardized Concussion Assessment Tool), or similar exam on the sideline, MD office or Athletic Training Room.
4. Return to participation must follow a medically supervised stepwise process. (See RTP protocol)
5. A Concussion information handout will be given to athlete, parent/guardian or friend of the athlete who is taking care of them.

A PLAYER WILL NOT BE RETURNED TO PLAY WHILE SYMPTOMATIC.

Return to Participation (RTP) Protocol

. Activities that require concentration and attention may exacerbate the symptoms and as a result delay recovery. Therefore, during the period of recovery, following injury, it is important to emphasize to the athlete that physical AND cognitive rest is required

The return to participation following a concussion follows a stepwise process:

- I No activity, complete rest. Once asymptomatic, proceed to levels using the **Following:**
 - A. Light aerobic exercise such as walking, or stationary cycling, no resistance training.
 - B. Sport specific exercise (skating in hockey, running in soccer, etc) progressive addition of resistance training at steps b or c.
 - C. Non-contact training drills.
 - D. Full contact training and or exertional testing after medical clearance.
 - E. Game play.

This progression will proceed over several days, but will be dependent on the athlete's progress with the resolve of symptoms.

With this stepwise progression, the athlete will continue to proceed to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the patient will drop back to the previous asymptomatic level and try to progress again after 24 hours. Return to play process will be monitored by SIH Sports Rehabilitation staff.



The above policy will be followed by the healthcare professionals (Team Physician, Athletic Trainers along with the Athletic Department) that deal with the return to play of the student athletes. **This concussion management, return to play protocol will be followed despite the athlete presenting a prescription note to return to play sooner from their primary care physician or Emergency room.** If the athlete presents a prescription from their primary care physician for the appropriate time frame in regard to return to participation, then the exertional progressive steps will be followed by the Athletic Trainer using the RTP protocol.

I _____, the parent/guardian of _____ has read and fully understand the concussion policy. I am fully aware of the risk associated with playing sports and will adhere to the policy to help minimize serious injury related to sports related concussions.

parent/guardian signature

Date

Policy written by SIH Sports Rehabilitation Team,
Certified Athletic Trainers 2011