

CREEKSIDE ATHLETIC MEDICINE

Concussion Management Policy

A. **BASELINE NEUROCOGNITIVE TESTING**

ALL athletes in a contact/collision sports will be baseline neurocognitive (NC) tested using ImPACT software.

1. Mandatory testing will occur for:
 1. Football
 2. Volleyball
 3. Cheerleading
 4. Basketball
 5. Soccer
 6. Wrestling
 7. Lacrosse
 8. Baseball
 9. Softball
2. In the mandatory testing sports baseline testing will be done for...
 1. ALL freshmen
 2. ALL juniors
 3. ALL new student-athletes
3. This must be done before the first CONTACT football practice, within the first week of cheerleading, or prior to first competition for all other sports

B. **SUSPECTED CONCUSSION** If a concussion is suspected by an official, coach, or teammate...

1. Remove player from game until the certified athletic trainer or team physician can assess the athlete's status.
 1. Sideline neurological status exam (SCAT3 or other)
 2. If findings are consistent with a concussion continue to step 2
 3. If the findings are not consistent with a concussion, they may be returned to play **ONLY** by the team physician or a certified athletic trainer.
2. Notify the Athletic Trainer within 24 hours, if not present (i.e.. Away events - sports other than football)
3. These steps may be performed in any order, but **BOTH** must be completed before moving on to step 4
 1. Refer to a MD, DO for medical clearance. All student-athletes **MUST** receive a medical clearance from an MD or DO (Not PA, ARNP, or DC) before they are allowed to begin return to play protocol
 2. Post-injury NC test within 24-72 hours (or as soon as possible if weekend)
4. When treating physician, Athletic Trainer (with oversight of Team Physician) determine post-concussion NC scores & symptoms are similar to baseline the return to participation protocol may begin, under supervision of the Athletic Trainer
5. The RTP protocol, as detailed on page 1 of FHSAA AT18 form, is a stepwise progression as follows, with each step requiring no symptoms and 24 hours before moving to the next step:
 1. Light Aerobic Exercise – Walk, swim, bike @ 70% max HR
 2. Sport-specific Exercise – Non-contact drills – increased HR & add movement in different planes (vertical to horizontal & vice versa)
 3. Non-contact Training – Complex (non-contact) drills/practice – Exercise, coordination, & cognitive load
 4. Full Contact Practice – Unlimited Activity – Restore confidence & simulate game situations (**walkthrough is not a practice**)
6. After completing the RTP protocol, the student-athlete must gain full release from the treating physician via affidavit on page 2 of FHSAA AT18 form

C. **THERE IS NO SPECIFIC AMOUNT OF TIME TO HOLD OUT AN ATHLETE OUT AFTER A CONCUSSION**

D. **CLEARANCE FROM A CONCUSSION WILL TAKE AS LONG AS IT TAKES TO GUARANTEE THE SAFETY OF EACH STUDENT-ATHLETE.**

