

Concussion

Injury Assessment and Management

Tools necessary to follow these guidelines:

Symptom check list

Standard Assessment of Concussion Form - SAC

(These two forms will be provided as a double sided sheet of paper)

Practice Guidelines:

If a player has a suspected concussive injury and is unable to safely move off of the playing field, or any type of spine injury, 911 should be called and the player immobilized and transported to the nearest medical facility for evaluation.

When a player has a suspected concussive type injury, and is ambulatory, that player is immediately removed from the field of play.

The coach will administer the Symptom check list and the Standard Assessment of Concussion (SAC) form.

If the player has no symptoms, **AND** completes the SAC form with a minimum score of 25/30, they may return to practice.

If the player has symptoms, **OR** is unable to complete the SAC form, with a minimum score of 25/30, they cannot participate any further that day.

The parent/guardian will be notified immediately of the concussive injury. The parent/guardian will be provided with the assessment form, completed for this injury, and will be instructed to seek medical clearance from the player's physician.

Game Guidelines:

The Athletic Trainer or Emergency Medical Technician is responsible for assessing and managing any player who sustains an injury, including a possible concussive injury.

Concussion Management Guidelines:

The first step in recovering from a concussive injury is to allow for the brain to recovery from its injury. This involves rest.

The rest must incorporate both physical and mental rest. It is through this resting that recovery of the proper brain function will occur. Therefore, there should be no computer or video games utilized within this timeframe.

Once the athlete no longer is experiencing any symptoms, then they will require medical clearance from their physician, to return to participation. Upon successful attainment of this clearance, a follow up post concussive Impact Test will need to be administered.

If the follow up Impact Test demonstrates that the athlete has successfully passed the test then he/she is cleared to begin the process to return to play.

Return to Play Guidelines:

For a player to begin to return to play, they must have been granted medical clearance by their physician to return to play. Following this medical clearance they must have completed a post-concussive injury Impact Test and satisfactorily passed it.

Remember, to attain this point the player must be symptom free.

The following steps will provide an internationally approved protocol to safely return a player to full participation. Each step is performed within a 24 hour period of time. This time frame allows for proper assessment that no concussive symptoms has returned.

If concussive symptoms recur at any step along this protocol, the athlete will regress to the previous step he/she successfully completed. They will then follow the protocol from that point. Should symptoms persist at any of the steps, referral back to the physician is indicated.

Step 1: Light aerobic exercise: 15 minutes

Walking, stationary bike, squats, lunges, light jogging but no sprinting.

Step 2: Sport Specific exercise: 15 – 30 minutes

Step 1 activities may be included.

Agility drills, skating drills, ball handling drills, sprinting.

Push ups, sit ups.

Step 3: Non-Contact training drills: 30 – 45 minutes

Steps 1 and 2 activities may be included.

Passing drills, positional drills that do not involve any player contact.

Step 4: Full Contact practice:

Full practice participation, including full body contact.

Step 5: Return to Play:

Normal game play.