



## Damien Memorial School Concussion Management

Damien Memorial School and its Certified Athletic Trainer (ATC) have a concussion protocol in place to ensure student athletes return to athletic participation safely. The concussion protocol has been created from supporting research by the National Athletic Trainers' Association Position Statement, 2004<sup>1</sup>; the Consensus Statement on Concussion in Sport, 2009<sup>2</sup>; and the National Federation of State High School Association (NFHS) Concussion Guidelines, 2009<sup>3</sup>. The National Athletic Trainers' Association Position Statement, Consensus Statement on Concussion in Sport, and the NFHS Association Concussion Guidelines were developed by physicians, neuropsychologists, and AHCTs trained in concussion management. The NFHS Association established a new rule in

the fall of 2010, ***“any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional.”***<sup>4</sup>

To comply with the NFHS Association rule change and national guidelines, Damien has instituted the following guidelines for all student athletes participating in collision and contact sports. All ninth and eleventh grade student athletes participating in collision and contact sports along with tenth and twelfth grade student athletes participating in collision and contact sports for the first time will be administered baseline assessments (described below) which will provide the high school ATC and the student athletes' primary care physician with objective information to compare pre-and-post injury.

- Graded Symptom Checklist baseline assessment
- Cognitive status baseline assessment (Immediate Post-Concussion Assessment and Cognitive Test (Sway Medical))

A student athlete with a possible concussion, will receive two forms: (1) ***Graded Symptom Checklist for Concussed Athlete*** (GSC List) and (2) ***Medical Referral Form for Concussed Athlete***. The GSC List form provides your child's symptoms at the time of injury. It also includes signs and symptoms to watch for and recovery recommendations. The medical referral form provides information for your child's physician regarding his/her head injury and recommendations for return to activity. After a student athlete takes the cognitive status assessments, the ATC will collaborate with the student athlete's physician and/or a neuropsychologist to determine if the student athlete is ready to start a **Return to Activity Plan** (see below). This team approach ensures the health and safety of each concussed student athlete.

### **Return to Activity Plan (RAP):**

Step 1. Complete cognitive rest. This may include staying home from school or limiting school hours and study for several days which would be determined by a physician and ATC, and supported by school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery. Step 2. Return to school full time.

Steps 3-7. Will be supervised by the high school ATC and is subject to clearance by the treating physician. These steps cannot begin until cleared by the treating physician for further activity.

***(Each STEP is separated by a minimum of at least 24 hours.)***

Step 3. Light exercise. Walking or riding a stationary bike.

Step 4. Running in the gym or on the field.

Step 5. Non-contact training drills in full equipment. Weight training can begin.

Step 6. Full contact practice or training.

Step 7. Play in game.

The ATC will continually monitor the concussion protocol to ensure the health and safety of Damien's student athletes.

By signing below, you acknowledge receipt of information about Damien's concussion protocol and the signs and symptoms of a concussion.

\_\_\_\_\_ (Parent/Legal Guardian or Adult Student's Signature) \_\_\_\_\_ (Date)

\_\_\_\_\_ (Student Athlete's Signature) \_\_\_\_\_ (Date)

**References:**

1. National Athletic Trainers' Association Position Statement. *JAT* 2004;39(3):280-297
2. Consensus Statement on Concussion in Sport. *Clin J Sport Med* 2009; 19:185-200
3. National Federation of State High School Association Concussion Guidelines, 2009
4. National Federation of State High School Association. New Rule Release March 4, 2010.