

Concussion Protocol

- 1) Any head injury during sports will result in exclusion from sports for the remainder of the day.
- 2) Student will be assessed by the athletic trainer and/or nurse as soon as possible following the injury. The assessment will include:
 - a. ImPACT post injury assessment. Study sent to MD for assessment/recommendations.
 - b. Orientation to person, place, time, and situation.
 - c. Assessment of cranial nerves and balance.
 - d. Completion of the SCAT or ACE concussion form.
- 3) If neuro exam is negative, follow up the next day with physician. If neuro exam positive, student should be transported to the ER immediately.
- 4) Notify parent directly after assessment
- 5) If no visit to the ER, student will spend the night in the infirmary with nurse with waking and examination of orientation to person, place, time, and situation every three hours.
- 6) "Cocoon therapy" (brain rest from all technology and quiet rest in a darkened room) for 24 hours post-concussion. Excused from academic day if applicable.
- 7) Evaluate for symptoms after 24 hours. If symptoms present, consider additional 24 hours of cocoon therapy.
- 8) Follow physician's orders as written. **Should following medical recommendations present academic or student life challenges, refer to guidelines for medical leave/medical separation.**
- 9) After cocoon therapy completed, consider progressive return back to academics as tolerated. Evaluate student's schedule and collaborate with team to prioritize classes. Consider library study during sports time and excusal from AC study to facilitate rest.
- 10) When symptom free, repeat ImPaCT post-injury testing.
- 11) When ImPACT post-injury testing has returned to baseline levels post-exertion and the overseeing doctor gives clearance for progression, the student can begin a gradual return to full athletics as follows:
 1. cardiovascular conditioning
 2. student participates in a non-contact sport specific practice
 3. regular practice including scrimmage situations
 4. participation in games and full practices

Steps cannot be completed faster than one step per day. If symptoms return at any time, the athlete rests until symptom free and can then resume the stepwise progression starting at step 1.