



## Concussion Management Protocol

### A) Management

An athlete exhibiting signs and/or symptoms of a concussion while participating on an Albuquerque Public Schools athletic team shall be removed from the remainder of the event/practice and will not be allowed to perform any activities that may increase the severity of the signs and/or symptoms of a concussion.

- i) If medical personnel are present at the event/practice, the athlete shall be referred to the individual(s) for a comprehensive concussion evaluation.
- ii) Upon examination by medical personnel, the athlete who is suspected to have suffered a concussion shall be removed from all activity and become immediately subject to the requirements of Senate Bill 38 (SB38) and the APS Concussion Management Protocol. In the event medical personnel determine the signs and/or symptoms were not caused by a concussion, the athlete may return to activity deemed safe by medical personnel.
- iii) When an athlete is suspected to have suffered a concussion and medical personnel is not present at the event/practice, the coach for the sport shall be responsible for immediately removing the athlete from participation and contacting the parent/guardian of the athlete.
- iv) An athlete exhibiting signs and/or symptoms of a concussion must have their parent/guardian notified by the physician, athletic trainer or coach.
- v) The athlete shall be released *only* to the direct supervision of the parent/guardian unless arrangements have been made between the physician, athletic trainer, or coach and the parent/guardian.
- vi) In the subsequent days following a concussion, daily evaluations of the athlete shall be performed under the proper supervision of medical personnel and according to the *Gradual Return to Play* procedure.
- vii) An athlete who has exhibited signs and/or symptoms of a concussion or other brain injury must complete all requirements of SB38 and complete all levels of the *Gradual Return to Play* procedure before returning to unrestricted activity.

### B) Referral

The parent/guardian of an athlete may, at any time, determine an immediate referral to a physician is necessary. In the event an athlete consults a physician, a note from the physician, including evaluation and instruction to proceed with the gradual return to play procedure, shall be required. Notes from a physician will not be used to override any portion of the APS Concussion Management Protocol.

#### i) Emergency Referral

- (1) The athlete shall be transported to the nearest medical facility if any of the following signs and/or symptoms are noted:
  - (a) Loss of consciousness lasting greater than 1 minute
  - (b) Deterioration of neurological function
  - (c) Decreasing level of consciousness
  - (d) Decrease or irregularity in respirations
  - (e) Decrease or irregularity in pulse
  - (f) Increasing blood pressure
  - (g) Abnormally unequal, dilated or unreactive pupils
  - (h) Any signs and/or symptoms associated with head/neck injuries, spine or skull fractures or bleeding
  - (i) Mental status changes; lethargy, difficulty maintaining arousal, confusion or agitation
  - (j) Weakness or numbness
  - (k) Slurring of speech
  - (l) Headaches that are worsening over time

#### ii) Delayed referral after 72 hours

- (1) The athlete shall be referred to a physician if at the conclusion of the 72-hour evaluation period, the assessment of the athlete's signs and/or symptoms and test performance do not indicate progression toward recovery.

#### iii) Delayed referral after 10 days

- (1) The athlete shall be referred to a physician if at the conclusion of the 10-day evaluation period, the assessment of the athlete's signs and/or symptoms and test performance is no longer progressing or has not returned to near normal.

**C) Forms and Procedures**

***i) Concussion Evaluation Form***

- (1) The form shall be completed by the athletic trainer assigned to oversee the event/practice or upon first acknowledgement of the concussion.
- (2) The form shall be completed based on the initial evaluation performed on the athlete who is exhibiting signs and/or symptoms of a concussion.
- (3) Information from the form shall be recorded and archived in the database documenting significant injuries.

***ii) Concussion Parent Form***

- (1) The form must be given to the parent/guardian of the athlete who sustained a concussion to provide them with information concerning the recovery of the athlete.

***iii) Concussion Symptom Checklist***

- (1) The form shall be completed by the athletic trainer documenting each session of evaluation and comparing previous testing scores of symptoms for progress as the athlete's activity level increases.
- (2) If progress at any point in recovery stops or if the signs and/or symptoms or test performance indicates no progress, the athlete shall be referred to a physician.

***iv) Gradual Return to Play***

- (1) The form shall be used by the athletic trainer to monitor the progress through the gradual return to play procedure of any athlete who has sustained a concussion. Each evaluation session shall be documented by the athletic trainer.
- (2) If at any point within the gradual return to play procedure the athlete begins to experience signs and/or symptoms or if test performance indicates signs and/or symptoms, the athletic trainer shall end the evaluation session for that day and wait a minimum of 24 hours before the next evaluation session. At that time, the athletic trainer shall return to the previous level of progression.
- (3) Athletic trainers shall not allow any athlete to return to unrestricted activity until the athlete has completed all levels of the gradual return to play procedure and met all requirements of SB38.