

Collegiate Athletics Department

Concussion Position Statement

It is the policy of the Athletics Department at Collegiate School that all head injuries and concussion are to be treated as serious injuries, regardless of impression of severity. Collegiate is required to immediately remove any student who is believed to have sustained a concussion from athletic activities.

In the event there is doubt as to whether a concussion has been sustained, it must be presumed one was sustained. All students with a suspected concussion are to be removed from athletic and physical activities, should be symptom free for not less than 24 hours, and cleared to begin a gradual return to activities by a physician.¹ The Collegiate School concussion management team, which oversees protocols, includes the school nurse, athletic training staff, and other appropriate personnel as designated by the school.

Concussion Testing and Education

The CDC HEADS UP Concussion training is required to be completed every two years by all school coaches, physical education teachers, nurses and athletic trainers as mandated by the state.¹ Baseline testing will be available for athletes in grades 7-12. Upper School contact sport athletes will be required to complete a SCAT6 baseline test administered by the athletic training staff. All other athletes will be provided the opportunity to complete ImPACT concussion baseline testing.

Suggested Concussion Management:

The following procedures are followed by the coach or athletic trainer if a head injury/concussion is sustained or suspected:

1. Any athlete suspected of having a concussion should not return to play or practice on the same day of a concussion.
2. Athletes must be evaluated by an appropriate health-care professional.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, their return to play (RTP) should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

¹The University of the State of New York The State Education Department Office of Student Support Services July 2023 *Guidelines for Concussion Management in Schools*: <https://www.p12.nysed.gov/sss/documents/concussion-management-guidelines.pdf>