



BLIND BROOK TROJANS ATHLETIC DEPARTMENT

840 KING STREET
RYE BROOK, NY 10573 - 1105
(914) 937 - 3600 x.4500
FAX: (914) 937 - 4509



Concussion Management Plan

Purpose

The purpose of the concussion management plan is to improve the prevention, recognition, evaluation and management of concussions in student athletes.

Concussion Defined

A concussion is characterized as a series of intricate physiological changes in the brain, brought about by biomechanical forces resulting from a direct impact to the head, face, neck, or any other part of the body that transmits an impulsive force to the head.

Signs and Symptoms Acute Concussion

Can occur immediately or hours later

- Headache
- Dizziness, lightheaded
- Nausea, vomiting
- Dazed, glazed appearance
- Lack of coordination or balance
- Feeling of being in a fog
- Emotional changes (e.g., both happy and sad)
- Amnesia (memory loss either after the event and/or prior to the event)
- Slowed response time (verbal or physical)
- Disorientation, confusion
- Altered vision (e.g., blurry vision or double vision)
- Dilated or unequal pupils
- Sensitivity to light
- Auditory changes (e.g., sensitivity to sound, ringing in the ears)
- Difficulty concentrating, recalling information

Administrative Protocol

- The Blind Brook UFSD Athletics department requires all student athletes and Parent/Guardian to sign a statement agreeing to or declining to receive a baseline assessment using the ImPACT Concussion Program.
- In addition to regular coaching duties, the Coaching Staff will undergo mandatory Concussion Education. This includes watching a video on concussions and participating in the Center for Disease Control's HeadsUp Online Education program. They must also read and sign the Coaches Acknowledgement Statement, which signifies their understanding of the concussion management protocol and their responsibility to promptly refer any athlete suspected of a concussion to the athletic training staff. Furthermore, the coaches are accountable for notifying parents in case of an injury
- Concussion training shall include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment.



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- Blind Brook UFSD personnel involved with student-athletes concussion management consist of the Athletic Director, Certified Athletic Trainer, School Nurse, Guidance Counselor, and School Physician. These individuals will be informed of the student-athletes concussion protocol status.
- The Blind Brook UFSD Physician will have the final approval of all student- athletes Return to Play (RTP)

Baseline Assessment

All student-athletes who are participating in sports will undergo a neurocognitive computer-based test to establish their concussion baseline. The baseline testing will be conducted using Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT). Prior to their involvement in sports, these athletes will complete the ImPACT Baseline Test. Additionally, it is recommended that students who have previously taken a baseline test should be re-tested every two years, considering the physical and neurological changes that teenagers go through at this stage of development.

Concussion Protocol

- Any positive signs and symptoms, the student-athlete is held out of competition and practice.
- No student-athlete will be allowed to return-to-play (RTP) on the same day they show signs or symptoms of a concussion, regardless if signs and symptoms return to normal
- A student-athlete who is suspected of a concussion must be evaluated by an allied health care professional and must show written documentation of the evaluation before starting the RTP protocol.
- A student-athlete will only RTP after they complete the seven stages of the district RTP protocol supervised by the Certified Athletic Trainer.
- All student-athletes in contact sports will be recommended to have a baseline test prior to the start of their sport season
- Per New York State Law, the Blind Brook UFSD Physician will have the final approval of all student-athletes RTP status



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Concussion Management Procedure

If it is suspected that an athlete has a concussion, the following procedure will go into effect. Athletes will be immediately removed from activity and evaluated.

I. On-Field Evaluation

- Signs and symptoms Assessment (Performed by ATC or Coach)
- Neurological Exam (Performed by ATC)
- Mental Status Testing (Performed by ATC)
- Note any signs and symptoms that may require day of referral to doctor
- Note any signs and symptoms requiring immediate medical care
- Athlete's status is monitored every 5 minutes, until athletes condition stabilizes and improve
- Contact the parent/ guardian about the child's condition. (Performed by ATC or Coach)

Please note that if the student athlete displays any signs and symptoms of a concussion, they will not be allowed to RTP on the same day even if the signs and symptoms subside.

II. Follow-up Evaluation

- Follow up occurs within 24-72 hours post injury
 - Re-take ImPACT testing
 - Send injury report and Baseline Test to School Physician
 - ATC follows up with School Physician about ImPACT Testing
 - Re-eval of Sign and Symptoms
- Rest until asymptomatic
- Once Symptom free for 24 hours, and student- athlete receives clearance from MD, RTP protocol will be implemented



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G RTP Protocol for Athletes Not in Season

Stage 1- Receive Clearance from Primary Care Physician (asymptomatic)

- Student must be asymptomatic for at least 24 hours prior to returning to activities
- If student experiences and S/S's after scheduled return date, contact MD immediately

Stage 2- Light Aerobic Exercise

- 15 Minutes of PE specific Skills
- If student experiences any S/S's, discontinue participation
 - In event of symptoms, return to stage 1
- If asymptomatic for 24 hours, proceed to stage 3

Stage 3- Moderate Aerobic Exercise

- ½ Class PE specific Skills
- If student experiences any S/S's, discontinue participation
 - Wait 24 hrs and start Stage 3 again

Stage 4- Non- Contact Exercises

- Full Class of PE Specific Skills
 - i.e increased running intensity, skills development
- If student experiences any S/S's, discontinue participation
- Wait 24 hrs and start stage 4 again

Stage 5- Non- Contact PE Activities

- Participation in all Non-contact PE Activities
- If student experiences any S/S's, discontinue participation
 - Wait 24 hrs and start Stage 5 again

Stage 6- Full contact PE Activities

- If student experiences any S/S's, discontinue participation
 - Wait 24 hrs and start Stage 6 again

Stage 7- Cleared for Return to Full PE



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GTRP Protocol for In-Season Athletes

Each stage should be completed under supervision of Athletic Trainer

Stage 1- Rest until symptom (asymptomatic)

- Athlete must be symptom free for a full 24 hours
- Once the student-athlete receives clearance from MD to begin GTRP protocol, proceed to Stage 2

Stage 2- Low impact, non-strenuous walking/ stationary bike 15-20 minutes

- If an athlete experiences any signs and symptoms (S/S) immediately stop for the day and start Stage 2 over after symptoms subside for a full 24 hours.
- If symptoms occur post excretion within 24hrs, rest until asymptomatic and start Stage 2 over again
- When asymptomatic for 24 hours after clean completion of Stage 2, proceed to Stage 3

Stage 3- Higher impact, jogging/ running 20 minutes

- If any S/S's return stop
- If symptoms occur post excretion within 24hrs, rest until asymptomatic and start Stage 3 over again
- When asymptomatic for 24 hours after clean completion of Stage 3, proceed to Stage 4

Stage 4- Non- Contact Sports Drills 30-45 minutes

- If any S/S's return stop
- If symptoms occur post excretion within 24hrs, rest until asymptomatic, and start Stage 4 over again
- When asymptomatic for 24 hours after clean completion of Stage 4, proceed to Stage 5

Stage 5- Full Participation in practice without contact

- If any S/S's return stop
- If symptoms occur post excretion within 24hrs, rest until asymptomatic, and start Stage 5 over again
- When asymptomatic for 24 hours after clean completion of Stage 5, proceed to Stage 6

Stage 6- Full Practice No Restrictions

- If any S/S's return stop
- If symptoms occur post excretion within 24hrs, rest until asymptomatic, and start Stage 6 over again
- When asymptomatic for 24 hours after clean completion of Stage 6, proceed to Stage 7



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Stage 7- Cleared for RTP no restrictions for competition by Athletic Trainer and School Physician Dr. Ann Engelland