



# SENECA VALLEY

## Student Athletic Manual



### STUDENT-ATHLETE WELFARE - Concussion Management

#### Concussion Management Protocol-Rationale, Education, and Awareness

**Rationale:** With the increased awareness of concussions and the effects they have on student-athletes' physical and cognitive performance, it is imperative that we follow a protocol that will care for our student-athletes. Currently, the Seneca Valley athletic training staff follows a protocol designed by the neuropsychologists for managing a student-athlete's return to competition.

#### 1. Education and Awareness

- a. All coaches must annually complete the online certification course for Concussion Management. The certificate of completion will be provided to the Athletic Office.
- b. All student-athletes and their parents must review and sign the PIAA CIPPE form Section 3: Understanding of Risk of Concussion and Traumatic Brain Injury via Parent Portal registration process.
- c. All student-athletes are required to have completed a concussion baseline exam prior to the start of their season.
  - Student-athletes should NOT take the concussion baseline exam in consecutive years.
  - **Who takes the concussion baseline test in 2024-25:**
    - All incoming 7<sup>th</sup> grade student-athletes.
    - Any student-athlete in grades 8<sup>th</sup> – 12<sup>th</sup> who did not take a concussion baseline test in 2023-24 at Seneca Valley.
    - Any transfer student-athlete, new to the District in 2024-25.

**These concussion baseline tests must be entered into Seneca Valley's database and must be administered by District personnel.**

- Student-athletes must complete a concussion baseline retest every two years. Future concussion baseline testing schedule is as follows.
  - 7<sup>th</sup> grader tested in 2023-24 will need baseline retest in 9<sup>th</sup> and 11<sup>th</sup> grades.
  - 8<sup>th</sup> grader tested in 2023-24 will need baseline retest in 10<sup>th</sup> and 12<sup>th</sup> grades.
  - 9<sup>th</sup> grader tested in 2023-24 will need baseline retest in 11<sup>th</sup> grade.
  - 10<sup>th</sup> grader tested in 2023-24 will need baseline retest in 12<sup>th</sup> grade.
  - 11<sup>th</sup> grader tested in 2023-24 will not need a baseline retest.



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#### Concussion Management Protocol– School Sponsored Athletics

1. Student-athlete who sustains a possible concussion during competition (school sponsored game, practice or conditioning session) shall be removed from activity immediately.
  - a. The state law in Pennsylvania regarding concussions states that any athlete exhibiting the signs and symptoms of a concussion or traumatic brain injury must be removed from the game or practice and must be evaluated by the appropriate medical professional before returning to play.
2. Coach immediately removes the student-athlete from participation and informs the Seneca Valley athletic trainer of injury. If the team is off the Seneca Valley campus, coach shall notify host school district's medical professionals for evaluation.
  - a. If no medical professional is present on or off campus, coach automatically withholds the athlete from all competition (game, practice) until evaluation by the Seneca Valley athletic trainer takes place.
  - b. NO student-athlete returns to competition unless cleared by Seneca Valley athletic trainer or host school medical professional.
3. Seneca Valley athletic trainer or host school district's medical professional performs a sideline Head Injury evaluation.
4. If a concussion is suspected:
  - a. Parents are notified of the injury.
  - b. Seneca Valley athletic trainer will review with the student-athlete and his/her parent(s) information pertaining to concussions (signs & symptoms, concussion protocol, ER/Physician Referral, etc.).
  - c. Student-athletes with a suspected or actual concussion or head injury must be evaluated by a licensed physician of medicine or neuropsychologist trained in the management of concussions.
  - d. Seneca Valley athletic trainer will work closely with the treatment protocol prescribed by a licensed physician of medicine or neuropsychologist trained in the management of concussions, to ensure proper treatment and a gradual, safe return to full activity.
  - e. **Student-athlete is not permitted to return to play until treating physician or neuropsychologist provides a "Return to Full Participation without any limitations" clearance to the athletic director's office.**
5. Student-athletes symptomatic of a concussion or traumatic brain injury must be evaluated by a licensed physician of medicine or neuropsychologist trained in the management of concussions.
  - a. Seneca Valley athletic trainers will follow all protocol as prescribed by treating licensed physician or neuropsychologist.
  - b. **Student-athlete may not return to competition (games, practice) until the Director of Athletics receives a clearance for "Return to Full Activity without any limitations" from treating licensed physician or neuropsychologist.**
  - c. Upon student-athlete's return, Seneca Valley athletic trainers and coaches will work collaboratively to ensure a gradual return to competition (games, practice.)
6. For any concussion or traumatic brain injury sustained from a non-Seneca Valley School District competition/event, all treatment must be prescribed and administered by a licensed physician of medicine or neuropsychologist trained in the management of concussions.
  - a. Seneca Valley athletic trainers are not responsible for evaluation and/or treatment of any injury, including possible concussions, which occurred at a non-Seneca Valley event.
  - b. **Student-athlete may not return to competition (games, practice) until the Director of Athletics receives a clearance for "Return to Full Activity without any limitations" from treating licensed physician or neuropsychologist.**
  - c. Upon student-athlete's return, Seneca Valley athletic trainers and coaches will work collaboratively to ensure a gradual return to competition (games, practice.)



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### STUDENT-ATHLETE WELFARE - Concussion Management

#### Concussion Management Protocol– Club Sports

1. All club sport student-athletes are required to complete a concussion baseline exam prior to the start of their season.
  - a. Student-athletes should NOT take the concussion baseline exam in consecutive years.
  - b. **Who takes the concussion baseline test in 2024-25**
    - i. All incoming 7<sup>th</sup> graders.
    - ii. Any student-athlete in grades 8<sup>th</sup> – 12<sup>th</sup> who did not take a concussion baseline test in 2023-24
    - iii. Any transfer student, new to the District in 2024-25.

**These concussion baseline tests must be entered into Seneca Valley's database and **must be administered by District personnel.****

2. Future concussion baseline testing schedule is as follows.
  - a. 7<sup>th</sup> grader tested in 2023-24 will need baseline retest in 9<sup>th</sup> and 11<sup>th</sup> grades.
  - b. 8<sup>th</sup> grader tested in 2023-24 will need baseline retest in 10<sup>th</sup> and 12<sup>th</sup> grades.
  - c. 9<sup>th</sup> grader tested in 2023-24 will need baseline retest in 11<sup>th</sup> grade.
  - d. 10<sup>th</sup> grader tested in 2023-24 will need baseline retest in 12<sup>th</sup> grade.
  - e. 11<sup>th</sup> grader tested in 2023-24 will not need a baseline retest.
3. Club sport coaches shall immediately remove from participation a student-athlete who exhibits signs or symptoms of a concussion or traumatic brain injury. In the event that a club sport student-athlete should sustain a concussion, Seneca Valley Athletic Trainers are not responsible for the management of the injury.
4. Coaches and parents are required to notify the Athletic Director in the event that their student-athlete has sustained a possible concussion.
5. The concussion baseline exam report will be available for the treating physician's evaluation purposes. Parents must complete a release form (**Appendix E-Student Athlete Manual**) for the baseline report to be released.
6. All club sport athletes must present the athletic office with a signed **"Return to Full Activity without any limitations"** clearance from a licensed physician or neuropsychologist trained in the management of concussions prior to their return to practice and/or competition.

#### VIII. Concussion Management/Injury Protocol—Academic Accommodations Protocol for all Student-Athletes

It is the expectation of the athletic office that all students are clear of any academic accommodations in order to fully participate in their respective program. When a student is in need of academic accommodations due to a medical reason (i.e., concussion management, ankle sprains), such accommodations should be communicated to all of the following personnel: building principal, building guidance counselor, respective teachers, and the athletic director. Upon receipt, the athletic/activity director will notify the appropriate coaches and athletic trainers that the student should be immediately pulled from all athletic participation – including practices and games – until final full clearance is provided and no academic accommodations remain. These procedures are in place for all student-athletes regardless of the sport they participate in.

Secondly, when a student-athlete is injured and held out of athletic participation for an extended period (i.e., surgery required, concussion management), this information will be communicated by the athletic director to the student's building principal for determination if any necessary academic accommodations shall be put in place.