

CONCUSSION MANAGEMENT

Eden Central School District

Dear Parent or Guardian,

The Eden Central School District recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activity. Therefore, effective September 2009, New York State Concussion Management Guidelines were initiated to assist in the proper evaluation and management of head injuries.

A concussion is a mild traumatic brain injury. A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms, or behaviors consistent with a concussion while participating in a school-sponsored class, extracurricular activity, or interscholastic athletic activity, shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The student should not return to school or activity until medically released by an appropriate health care professional. After the student is medically released, the school District's Concussion Management Team will make the final decision on a student's return to activity. The guidelines and management of concussion in the school district follow a stepwise approach with a gradual return to play. Once a student is asymptomatic for 24 hours and has been released by a health care provider, the following gradual return to play protocol will be followed:

1. Light aerobic exercise - walking, swimming, or stationary bike (< 70% max HR)
2. Sport-specific exercise - skating drills in ice hockey, running drills - no head impact activities
3. Non-contact training drills - progress to more complex training drills, may start progressive resistance training
4. Full contact clearance - participate in normal training activities
5. Return to play - normal gameplay

This progression should be over 7-10 days with a minimum of 7 days. The athlete must remain asymptomatic to progress to the next level. In the event that symptoms return the athlete must stop the activity and return to the previous level 24 hrs later if asymptomatic. An additional consideration in return to play is that concussed athletes should not only be symptom-free but also should not be taking any pharmacological agents/medications that may affect or modify the symptoms of concussion.

The Eden Central School District's Concussion Management Team consists of School Nurses, Athletic Trainer, Athletic Director, Medical Director

The health and safety of the students in the Eden Central School District are of the utmost importance. If you have any questions regarding the Concussion Management in our schools, please feel free to call your child's school nurse or the School Nurse Practitioner.

Thank you,

Dawn M. Springer, FNP

Medical Director