



JOLIET CATHOLIC ACADEMY

Inspiring Growth in Knowledge and Faith

Joliet Catholic Academy Concussion Protocol

Assessment of concussion-like symptoms MUST be determined immediately following one of the following:

- Direct head to head contact
- Direct trauma following a vicious hit
- Head to ground contact

According to the IHSA, a coach, referee or Athletic Trainer may pull ANY athlete from competition if there is suspicion of a concussion. An Athletic Trainer or Team Physician must clear the athlete prior to being allowed to return. If concussion-like symptoms ARE present that athlete WILL NOT be allowed to return to that game (same day).

Symptoms to look for:

- Headache
- Dizziness
- Nausea
- Light sensitivity
- Feeling in a fog or out of their body
- Difficulty remembering simple words/previous coach discussions
- Difficulty concentrating
- Extreme fatigue/lethargy

Treatment and At-Home Care:

- Any concussion-like symptoms will be monitored by the athletic trainer following an injury until the athlete is released to his parents. If symptoms worsen within the same day a referral to the doctor is warranted.

(KEY NOTE: a mild headache with no other symptoms still may indicate a concussion, follow-up with ATC next day for re-evaluation to discuss any further progression)

Follow-up:

- Athletes MUST check in the next day after injury, if they attend school; otherwise, a phone call home will be made
- Once the athlete is symptom-free for 24 hours they will be re-evaluated, and Post-Injury IMPACT TEST will be given.

Return to Play Daily Break Down (after athlete has passed IMPACT test):

- Day 1: Pass IMPACT Post-Injury test, Stationary bike for 20 minutes, and light jogging (50%)
- Day 2: Athlete may return to supervised weight training, supervised jogging, and functional drills
- Day 3: Light Practice (No contact), drills, break-down activities, (no team scrimmaging)
- Day 4: Full Team Practice
- Day 5: Return to game competition.

IF ANY SYMPTOMS DEVELOP ON ANY DAY OF ACTIVITY OR FOLLOWING ACTIVITY, THAT DAY WILL BE REPEATED UNTIL NO SYMPTOMS DEVELOP

REFERRAL IF NEEDED: If symptoms persist for more than 5 days then the athlete will be referred to the Neuropsychologist (Dr. Beth Pieroth, The Midwest Center for Concussion Care), once referred a physician's note will be needed to return to activities, in addition to meeting the Return to Play guidelines above. (If a physician note states to return the athlete to activities and the ATC does not feel the athlete is safe to return, the ATC will withhold the athlete until they have met the above guidelines).