



**STANWOOD-CAMANO
SCHOOL DISTRICT**

Athlete Safety and Health Management Tools



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Process when a suspected or possible concussion occurs during practice or competition

1. Athlete is pulled from practice or competition
 2. Athletic Trainer (or Urgent/Primary Care) is contacted to evaluate/diagnose
 3. Athletic Trainer contacts parent/guardian, using Final Forms, and copy the head coach, SHS Athletic Director, SHS Athletic Secretary, and SHS Nurse.
 4. Coach calls the parent or guardian.
 5. Athletic Trainer and/or SHS Athletic Office will create a custom clearance – marking the athlete ineligible in Final Forms under “Medical – Concussion protocol”
 6. Once our Athletic Trainer or a licensed practitioner (MD, DO, ARNP, PA-C, LAT) has medically cleared the athlete to return, they may begin the gradual Return-to-Play progression.
 7. Athletic Trainer will guide the athlete through Return-to-Play progression, in collaboration with the head coach.
 8. After completion, Athletic Trainer will complete the WIAA Return-to-Play Form.
 9. Athlete turns in the WIAA Return-to-Play Form to our Athletic Director for final signature. The SHS Athletic Office will file and enter the final “clearance” into Final Forms.
 10. Athletic Trainer will report the concussion to the state Department of Health.
- Note: A parent/guardian/relative cannot diagnose, progress, and/or clear a child with a concussion.



What is a Concussion?

A concussion is a brain injury from a blow to the head or body. It can cause your brain to stop working properly, and may or may not involve losing consciousness.

Signs to Look For

- Dazed appearance, confusion, slow responses, or clumsiness
- Headache, dizziness, nausea, or sensitivity to light/noise

What to Do

- If you think your child has a concussion, let their coach, athletic trainer, or healthcare provider know immediately. Continuing to play too soon can cause long-term problems.

At-Home Care Instructions

Report & Seek Care

- Visit the athletic trainer or physician for a follow-up within 24 hours.
- Contact a health care provider if any of these symptoms occur prior to an appointment: Confusion, loss of consciousness, worsening headache, seizures, slurred speech, numbness in arms/legs, repeated vomiting, or difficulty recognizing people

What's OK?

- Use Tylenol for headaches, ice packs for comfort, and eat a carb-rich diet
- Rest, go to sleep, and avoid strenuous activities

What to Avoid?

- Alcohol, driving, physical/mental activities that worsen symptoms, non-steroidal anti-inflammatory drugs (ibuprofen, Advil, Motrin, Aleve).

Return-to-Learning

Following an initial period of rest (24-48 hours following an injury), athletes can begin a gradual increase in their cognitive load. Progression through the strategy for students should be slowed when there is more than a mild and brief symptom exacerbation

Light daily activities

Typical activities during the day (eg, reading) while minimizing screen time.

School activities

Homework, reading or other cognitive activities outside of the classroom.

Return to school part time

Gradual introduction of schoolwork. May need to start with a partial school day or with greater access to rest breaks during the day.

Return to school full time

Gradually progress in school activities until a full day can be tolerated without more than mild* symptom exacerbation.

Return-to-Play

Your child will go through 5 stages (supervised/monitored by the AT) to safely return to sports; final two steps should begin after the resolution of any symptoms.

Symptom-limited activity

Daily activities that do not exacerbate symptoms (eg, walking).

Light Aerobic Activity

May start light resistance training that does not result in more than mild and brief exacerbation of concussion symptoms.

Sport-Specific Activities

Sport-specific training away from the team environment. No activities at risk of head impact.

Non-Contact Practice

Exercise to high intensity including more challenging training drills can integrate into a team environment.

Full-Contact Practice

Participate in normal training activities. Then, when ready, normal game play.

Resources

Find links to these sources on our page at shs.stanwood.wednet.edu/athletics

- [WIAA Concussion Management](#)
- [WIAA Return-to-Play Form](#)
- [Full Text of the Law](#)
- [CDC: Traumatic Brain Injury & Concussion](#)
- [NATA: Concussion Info for Parents](#)

Contact Information

Athletic Trainer: Amber Conniff, MAT, LAT, ATC
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Find links to the [SHS Athletic Trainer Calendar](#) at shs.stanwood.wednet.edu/athletics

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