

# **SISTERS MIDDLE SCHOOL CONCUSSION MANAGEMENT PROTOCOL**

## **COACHES**

All SMS coaches shall annually complete an OSAA approved concussion management course for the purpose of ensuring that coaches learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for an athlete suspected of having a concussion. Approved concussion training courses must be completed prior to assuming coaching responsibilities. Any coach failing to complete approved courses will not be allowed to assume coaching responsibilities until successful completion of the course is verified by the athletic director.

## **ATHLETES**

All athletes who participate in SMS contact sports will be required to complete the most current district approved concussion management tool (e.g. ImPACT Concussion Management Software) during their seventh (7<sup>th</sup>) and/or eight (8<sup>th</sup>) grade school years unless student has a valid baseline from the previous school year. All new students to Sisters Middle School who participate in a contact sport will be required to complete the concussion management tool no later than one week after the first day of practice. All athletes regardless of sport must follow most conservative concussion management possible.

## **CONCUSSION MANAGEMENT PLAN**

The SMS Concussion Management Plan shall be followed for any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion.

## CONCUSSION MANAGEMENT PROTOCOL

Step 1: Recognition and Evaluation—Any athlete who shows signs or symptoms of a possible concussion must be removed immediately from the game or practice and must not be allowed to return to play until cleared by an appropriately trained healthcare provider. The athlete who has been removed should not be left alone.

Step 2: Removal from participation. After removal, the guardian will be given a Concussion Packet with information (signs/symptoms), the OSAA Concussion Medical Release Form and the Concussion Academic Accommodation Form to take to medical provider when needed.

Step 3: Mandatory OSAA exertion protocol will start after medical provider clears athlete to begin exertion. (Athletes that receive clearance from a medical provider are required to complete exertion protocol before competing.)

Step 3: When a concussion is suspected Neurocognitive Testing (ImPACT) recommended after completing level 4 of OSAA return to participation protocol; Consult with Concussion Management Team (CMT) & medical provider for clearance.

- If medical provider clears athlete and ImPACT Testing Scores are normal, then the athlete can return to full participation.
- If the medical provider does not clear the athlete for participation, refer to Step 4.
- If the medical provider does clear the athlete for participation but the ImPACT testing scores are not normal, refer to Step 4.

Step 4: Rest & School/Activities Modified as Needed-SSD Traumatic Brain Injury Team (TBI) should be notified.

Step 5: Monitor athlete's symptoms and academics, modify academic accommodations as needed.

Step 6: Progressive Return: may refer to Step #2 on OSAA Concussion Form

- 24 hrs symptom-free prior to starting exertion protocol. Finish protocol and post test.
- Any and all academic accommodations are ended when the exertion protocol is initiated.

## **Explanation of Step Protocol:**

### **Step 1:**

- Recognition of concussion signs and symptoms by the athlete, coach, parent, school athletic director, or on-site medical personnel.
- The initial step (during the contest or practice), the coach must utilize an approved “Concussion Guide” (Coaches Concussion Action Plan provided by The Center Foundation) to help determine if a possible concussion has occurred.
- Any necessary scans, CT’s, etc., will be determined by the appropriate medical provider such as emergency room personnel. (Cost of any procedures (CT scans, MRI’s, etc) will not be the responsibility of the school the student attends.)

### **Step 2:**

- Removal from the athletic contest/practice if a concussion is suspected.
- Any athlete who sustains a concussion will not be allowed to return to full participation until the concussion management protocol is completed.
- Athletes continuing to play (including exercise, weight training, etc.) or who receive an additional blow to the head after sustaining a concussion may take longer to recover and are at an increased risk for developing Post-Concussion Syndrome and possibly fatal Second Impact Syndrome.

### **Step 3:**

- A Post-concussion Neurocognitive testing with the ImPACT program should take place after beginning OSAA return to participation protocol and before full contact practice. (Contact School Nurse).
- - Athletes participating in volleyball, football, wrestling or basketball should receive a baseline test in 7<sup>th</sup> and/or 8<sup>th</sup> grade.
  - ImPACT results are then discussed with the medical provider for that athlete when needed. The athlete’s care will then follow the OSAA Step-wise Return-to-Participation for Post-Concussion Management.
  - Medical release of information must be signed by the parent to communicate with the medical provider.

### **Step 4:**

- School attendance and other activities may need to be modified on an individual basis according to the individual’s symptoms and cognitive impairment.
- Workload and homework may also need to be reduced.
- Physical and cognitive rest are very important while the athlete is experiencing concussion symptoms.

### **Step 5:**

- The individual’s symptoms should be closely monitored by the medical provider, parents and school nurse until the athlete is symptom free.

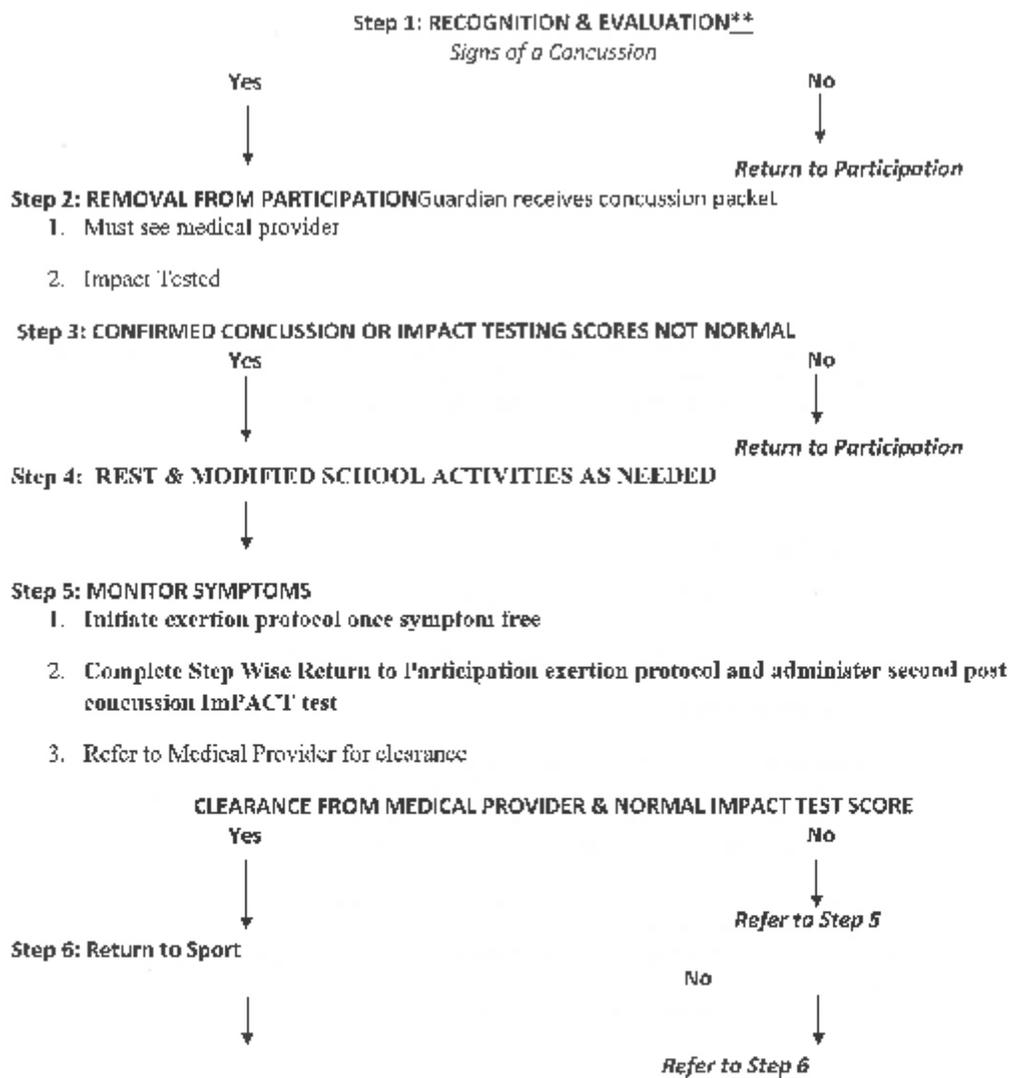
- ImPACT testing will be performed according to the ImPACT testing protocol determined by the medical provider and school nurse.

**Step 6:**

- Once the athlete is symptom free, and has been cleared through the medical provider, the school nurse may start the OSAA progressive return-to-participation protocol. This may include at home activity determined by the school nurse following OSAA return to play exertion protocol and parent/guardian signature of The Center Foundation Return to Play Post-Concussion Steps.

**SMS/SPRD referral flow and ImPACT protocol:**

- If there is only one ImPACT index score or if the Total Symptoms are outside of reliable change:
  - The athlete will be referred to a physician but may not need to visit a concussion specialist.
  - **Once symptoms have subsided and the athlete has returned to normal reported symptom level, proceed with progressive exertion and complete the next post- concussion test after full exertion.**
  - **If scores have declined significantly in any domain athlete may need to be referred to concussion specialist.**
  - **After completing exertion protocol repeat ImPACT testing until score return to an acceptable level.**
  - If performance is not back to baseline after 2-3 weeks, **the athlete should be seen by a concussion specialist.**
- If more than 1 ImPACT index score or 1 score and Total Symptoms are outside of reliable change:
  - Athlete will be referred to a physician and possibly to a concussion specialist as well.
  - Further follow-up to be determined at time of first visit.



\*\*Steps in the flow sheet may vary slightly depending on supervising physician requests.