

St. Michael the Archangel Concussion Management & Return to Play Policy

Concussion Care Team:

- Head Athletic Trainer- Tyler Triggs
- Assistant Athletic Trainer- Makenna Veale
- Athletic Director- Rich Weitz
- School Nurses: Elizabeth Polina & Lisa Haggerty
- Guidance Counselor- Tammie Glasgow

Concussion Management Procedures

Pre-Testing with baseline cognitive testing: Student-athletes in a contact of collision sport will be required to undergo baseline cognitive testing bi-annually. St. Michael the Archangel Catholic High School utilizes the XLNTBrain neurocognitive testing system. The following sports will be tested: football, B/G soccer, B/G basketball, softball, wrestling, baseball, volleyball, cheer/stunt, divers and pole-vaulters, high jumpers and hurdlers. However, athletes with a history of concussion in any sport can be tested. **Athletes in the required sports may not participate until a valid baseline test has been completed.**

1.) A concussion information handout will be available to review on the St, Michael website. In addition a concussion education video must be watched when registering with XLNTBrain. **Each child must have a signed copy of the concussion agreement on file before participating in practice or games..** A copy should be maintained in the medical record. Both oral and written instructions for home care should be given to the concussed athlete and to a responsible adult (eg, parent/guardian) who will observe and supervise the patient during the acute phase of the concussion.

2.) Once a concussion is diagnosed by a physician or the athletic training staff, rest is currently the best practice for concussion recovery initially. As such, there is typically no need to wake the patient during the night unless instructed by a physician.

3.)During the acute stage of injury, the patient should be instructed to avoid any physical or mental exertion that exacerbates symptoms.

4.) After a concussion diagnosis, the patient should be instructed to avoid medications other than acetaminophen. All current medications should be reviewed by the physician.

5.) After the diagnosis a standard set of academic accommodations will be sent to the students teachers. This task is coordinated by the school nurses and guidance counselor.

6.) Before beginning the return to play progression students must be

- a. Asymptomatic OR back to baseline symptom levels
- b. Returned to a full day of school
- c. Returned to baseline levels on the XLNTBrain cognitive test.

7.) Return to play protocol- *A minimum of one full day must be spent at each step before advancing to the next. If concussion symptoms return with any step, the athlete must stop activity and contact the treating healthcare provider. The athlete may be told to rest for 24 hours, and then resume activity at a level one step below where he/she was when symptoms returned.*

Once all criteria on section six above is met the following stepwise progression can be started.

Step 1: Light cardiovascular exercise

Step 2: Running in the gym or field, no helmet or other equipment.

Step 3: Non-contact training drills in full-equipment, Weight training

Step 4: Full, normal practice or training (walkthroughs do not count as full, normal practice) (must be cleared by MD/DO/Neurophyschologist prior to reaching this step)

Step 5: Full participation

**Academic accommodations made for the concussion will be removed after progressing past step two at the latest. If symptoms then return the student will reattempt step one without academic accommodations*

**Students cannot return to practice while using academic accommodations for the concussion.*

8.) Post-exertion testing- After completing steps 1-4 the student will then have to take the post-exertion cognitive test using XLNTBrain. To complete this step the test will also have to be back to baseline levels.

9.) Return to activity following a concussion is a medical decision. Progression is individualized, and must be closely supervised according to the schools' policies and procedures, and will be determined on a case-by-case basis.

**** Clearance from a physician without completion of the return to play protocol under the supervision of school athletic training personnel will not be sufficient to allow participation.**