

## Concussion Management Plan

### Return-To-Play Protocol:

1. All student athletes will comply with the concussion protocols, policies, and by-laws of the Illinois High School Association, including its Protocol for NFHS Concussion Playing Rules and its Return to Play Policy. These specifically require that:
  - a. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.
  - b. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.
  - c. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.
2. All coaches will follow the checklist for students who have been medically cleared by a physician to return from concussions:
  - a. *First day of practice:* The student is allowed to participate in *Light Aerobic Exercise*. If noted by the coach that the student is symptom free for the next 24 hours, the student may proceed to letter b.
  - b. *Second day of practice:* The student is allowed to participate in *Sport Specific Exercise*. If noted by the coach that the student is symptom free for the next 24 hours, the student may proceed to letter c.
  - c. *Third day of practice:* The student is allowed to participate in *Non-Contact Training Drills*. If noted by the coach that the student is symptom free for the next 24 hours, the student may proceed to letter d.
  - d. *Fourth day of practice:* The student is allowed to participate in *Full Contact Practice*. If noted by the coach that the student is symptom free for the next 24 hours, the student may return to play. The student will be monitored after this practice and adjustments will be made depending on how the student responds.

\*The above list is a direct reference to the Sports Concussion Institute's *Graduated Return to Play Protocol*. This checklist can be used by a coach to monitor a student as they return to play.

[http://www.concussiontreatment.com/images/SCI\\_RTP\\_Illustration.pdf](http://www.concussiontreatment.com/images/SCI_RTP_Illustration.pdf)

## **Staunton Community Unit School District #6**

---

3. If a coach sees any concussion symptoms, the coach will notify the nurse and the nurse will notify the parents. The student will not be allowed to practice or play until the student has been given a medical release. Once a student returns from the medical release, the student will restart on day one of the checklist.
4. All protocols identified in numbers 1-3 will also apply to all students participating in physical education class.

### **Return-to-Learn Protocol:**

The following is a communication and procedural guideline Staunton School District staff will follow regarding students who have suffered a concussion and are in attendance.

1. All coaches and sponsors will communicate with the *School Nurse* and the *Principal's Office* when a student has suffered a concussion.
2. The nurse will notify the student's teachers and the guidance counselor that the student is currently recovering from a concussion. Additionally, the nurse will provide a list of symptoms associated with a concussion along with any specific details that are to be followed for the student to attend school.
3. If a student is exhibiting any symptoms that are deemed "medical", the teacher will immediately notify the *Principal's Office* of a medical concern.
4. If a student is exhibiting behaviors that would be deemed "social/emotional", the teacher will contact the *Guidance Counselor* to meet with the student.
5. The student's parents will be contacted by either the nurse or the guidance counselor that met with the student. The nurse will continue to document medical issues and the guidance counselor will continue to document any social/emotional issues until the student has been medically cleared.
6. If a medical professional prescribes specialized accommodations for the student, a meeting with school district administrators, the parents, and the student will take place to discuss the implementation of those accommodations. If accommodations have not been prescribed by a medical professional but are requested by a district employee or the student/parents, district administration will meet with all parties to discuss as a team the accommodations that are needed in the best interest of the student academically and socially/emotionally.

\*The Staunton School District will utilize the Sports Concussion Institute's *Graduated Return to School Protocol* to assist in monitoring students during the recovery period.  
[http://www.concussiontreatment.com/images/SCI\\_RTS\\_Illustration.pdf](http://www.concussiontreatment.com/images/SCI_RTS_Illustration.pdf)

**\*After the student has been medically cleared, teachers/appropriate staff will be notified that the student will operate under normal medical and behavior expectations.**

## **Staunton Community Unit School District #6**

### **Concussion Oversight Team Approval:**

***Signature***

***Date***

- Dan W. Cox, Superintendent
- Brett T. Allen, High School Principal
- Troy Redfern, High School Athletic Director
- Alisa Hughes, School Nurse

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **School Board Approval:**

- Chris Tingle, Board President

\_\_\_\_\_

\_\_\_\_\_

### CONCUSSION CHECKLIST

- \_\_\_\_\_ Date notified of concussion
- \_\_\_\_\_ Notification received per parent
- \_\_\_\_\_ Notification received per doctor
- \_\_\_\_\_ Staff notified of student with documented concussion
- \_\_\_\_\_ List of symptoms given to staff involved with student
- \_\_\_\_\_ Return to play schedule given to coaches
- \_\_\_\_\_ Return to learn schedule given to teachers
- \_\_\_\_\_ Return to play progress
- Step 1 \_\_\_\_\_
- Step 2 \_\_\_\_\_
- Step 3 \_\_\_\_\_
- Step 4 \_\_\_\_\_
- Step 5 \_\_\_\_\_
- \_\_\_\_\_ Return to learn progress
- Step 1 \_\_\_\_\_
- Step 2 \_\_\_\_\_
- Step 3 \_\_\_\_\_
- Step 4 \_\_\_\_\_

Documented by: \_\_\_\_\_

Date completed: \_\_\_\_\_



# Graduated Return to Play Protocol

<p><b>1. NO ACTIVITY</b> (RECOVERY)</p> <p><i>Complete Physical and Cognitive Rest until Medical Clearance</i></p>	<p><b>2. LIGHT AEROBIC EXERCISE</b> (INCREASE HEART RATE)</p> <p><i>Walking, Swimming, Stationary Cycling.</i></p> <p><b>Heart Rate</b> <b>&lt;70% - 15 min</b></p>	<p><b>3. SPORT SPECIFIC EXERCISE</b> (ADD MOVEMENT)</p> <p><i>Skating Drills (Ice Hockey), Running Drills (Soccer, etc)</i></p> <p><i>NO Head Impact Activities</i></p> <p><b>Heart Rate</b> <b>&lt;80% - 45 min</b></p>	<p><b>4. NON-CONTACT TRAINING DRILLS</b> (INCREASED EXERCISE, COORDINATION &amp; ATTENTION)</p> <p><i>Progress to Complex Training Drills (e.g., Passing Drills, etc)</i></p> <p><i>May Start Resistance Training</i></p> <p><b>Heart Rate</b> <b>&lt;90% - 60 min</b></p>	<p><b>5. FULL CONTACT PRACTICE</b> (RESTORE CONFIDENCE &amp; ASSESS FUNCTIONAL SKILLS)</p> <p><i>If Symptom Free, Return to Normal Training Activities</i></p>
<p><i>Symptom Free for 24 Hours?</i></p> <p><b><u>Yes:</u></b> Begin Step 2</p> <p><b><u>No:</u></b> Continue Resting</p>	<p><i>Symptom Free for Next 24 hours?</i></p> <p><b><u>Yes:</u></b> Move to Step 3</p> <p><b><u>No:</u></b> Rest Further until Symptom Free</p>	<p><i>Symptom Free for Next 24 Hours?</i></p> <p><b><u>Yes:</u></b> Move to Step 4</p> <p><b><u>No:</u></b> Return to Step 2 until Symptom Free</p>	<p><i>Symptom Free for Next 24 Hours?</i></p> <p><b><u>Yes:</u></b> Move to Step 5</p> <p><b><u>No:</u></b> Return to Step 3 until Symptom Free</p>	<p><i>Symptom Free Next 24 Hours?</i></p> <p><b><u>Yes:</u></b> Return to Play</p> <p><b><u>No:</u></b> Return to Step 4 until Symptom Free</p>
<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>

Reference: Consensus Statement on Concussion in Sport: the 3<sup>rd</sup> International Conference on Concussion in Sport held in Zurich (2008), Br J of Sports Med 2009; 43: i76-i84 doi:10.1136/bjsm.2009.058248



# Graduated Return to School Protocol

## RECOVERY STAGE 1

*Complete Physical and Cognitive Rest until Medical Clearance*

- No School Attendance
- Strict Limits on Technology Usage
- REST

*Symptom Free for 24 Hours?\*\**

**Yes:**  
Begin Stage 2

**No:**  
Continue Resting

Date Attained:

## RECOVERY STAGE 2

*Return to School with Academic Accommodations*

- Continue Limits on Technology Usage
- Avoid Heavy Backpacks
- No Tests, PE, Band or Chorus
- Monitor Symptoms
- REST at home

*Symptom Free for Next 24 hours?\*\**

**Yes:**  
Begin Stage 3

**No:**  
Rest Further until Symptom Free

Date Attained:

## RECOVERY STAGE 3

*Continue Academic Accommodations*

- Attend School Full Time if Possible
- Increase Work Load Gradually (testing, homework, etc)
- Monitor Symptoms
- Incorporate light aerobic activity
- REST at home

*Symptom Free for Next 24 Hours?\*\**

**Yes:**  
Begin Stage 4

**No:**  
Return to Stage 2 until Symptom Free

Date Attained:

## RECOVERY STAGE 4

*Full Recovery to Academics*

- Attend School Full Time
- Self-Advocate at School (meet due dates, etc)
- Resume Normal Activities
- Resume Sports following Graduated Return to Play

*Symptom Free Next 24 Hours?\*\**

**Yes:**  
Return to School

**No:**  
Return to Stage 4 until Symptom Free

Date Attained:

**\*\* Symptom-Free means NO lingering Headaches, Sensitivity to Light/Noise, Fogginess, Drowsiness, etc**

Reference: HeadSmart Handbook: A Healthy Transition After Concussion (2010). [www.Southshorehospital.org](http://www.Southshorehospital.org).