

Concussion Management Plan

Ware Shoals High School Sports Medicine Concussion Management Plan

Ware Shoals High School is committed to the prevention, identification, evaluation and management of concussions. PerSCHSL guidelines, WSHS has developed a plan so any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletic healthcare provider with experience in the evaluation and management of concussions. Those student-athletes diagnosed with a concussion shall not return to activity for the remainder of that day. Medical clearance shall be determined by the team physician or their designee according to the concussion management plan.

What is a Concussion?

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can also result from hitting a hard surface as the ground, ice or floor, from players colliding with each other or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.

Signs and Symptoms

Observed by Coaching staff

Appears dazed or stunned
Confused about assignment or position
Forgets plays
Unsure of game, score or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events before hit or fall
Can't recall events after hit or fall

Report by student athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light or noise
Difficulty in hearing
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems
Confusion
Does not “feel right”

Plan

If a student-athlete exhibits signs and symptoms of a concussion during practice/game, the student athlete will be removed from the practice/game to be examined by the team physician or designee. If an athletic trainer is NOT present at the time of the injury, the student athlete should be removed from practice/game by the coach and the team physician will be notified as soon as possible to take over the care of the injured student athlete. If this is during

an away game and there is no WSHS medical staff available, the host institution should be consulted for proper evaluation. If the student athlete is diagnosed with a concussion by medical personnel, the student athlete will not be allowed to return to the practice/game and will be closely followed by the WSHS Sports Medicine staff. The student athlete will be referred to the WSHS team physician as soon as it is practically possible after the injury has occurred. If on the advisement of the attending physician the student athlete should be withheld from class or accommodations made, the proper professors will be notified as soon as possible. If the student athlete shows any signs of worsening neurologic status further evaluation to include CT scan of the brain or other advanced imaging will be considered. The student athlete will be monitored on a daily basis for changing signs and symptoms. Once the student athlete no longer exhibits any signs and symptoms of concussion, the student athlete may be tested with the Impact concussion management software to test neurocognitive function. This will determine availability to start progressing with a functional protocol. If the student athlete is within acceptable limits of baseline testing data, the student athlete will undergo a gradual functional progression of activity to prepare them for return to sport. The student athlete will continue to be monitored for any return of signs and symptoms during the functional progression. Should symptoms return, then the student athlete will be re-evaluated by medical personnel. Should student athlete no longer have signs and symptoms after undergoing functional progression, the student athlete will be allowed to return to sport. Final authority for return to play will reside with the team physician or physician's designee.

The student-athlete will be cleared for return to play when they exhibit no signs/symptoms of concussion at rest, no sign's symptoms of concussion during functional protocol and post injury Impact testing (if administered) is within baseline limits.

Functional Protocol: (24 hours from start of asymptomatic)

Day 1: Walking for 20-30 minutes at a rate of 2-1/2 miles per hour

Day 2: Jogging for 20-30 minutes

Day 3: Running for 20-30 minutes

Day 4: Performing sports specific practice drills

Day 5: Return to contact sports, if no sign/symptoms of concussion at rest and post injury Impact testing is within baseline limits.

If headaches or other symptoms occur, during any step, the activity needs to be stopped. The athlete should then wait 24 hours and start at the previous level again.