

## **Iona Preparatory School Concussion Management Plan**

A concussion is a brain injury that occurs from a blow to the head, a fall, or another injury that shakes the brain within the skull. They can be mild or severe but with rest most people fully recover.

Subsequent to head injury, the Athletic Trainer will:

- A. Remove the athlete from play.
- B. Perform an initial evaluation of athlete.
- C. If a concussion is suspected, the following steps are taken:
  - a. Inform the athlete's parent/guardian of suspected concussion. Athlete will no longer practice/play for that day.
  - b. Athlete is sent home with information regarding what concussions are and signs and symptoms to look for.
  - c. The first post-injury ImPACT test will be given 24-72 hours after injury. The results may be printed out for the athlete to bring to his doctor.
  - d. The athlete **MUST** be cleared by a doctor before returning to play when a concussion is suspected and be symptom free for at least 24 hours. Clearance includes bringing in a doctors note stating that he may return to competition. This note needs to be handed in directly to either the Certified Athletic Trainer or school Nurse.

Concussion Management:

- A. First Concussion:
  - a. Athlete must be cleared by their doctor.
  - b. They must remain symptom-free for 7 consecutive days and have ImPACT post injury scores comparable to their original baseline scores.
    - i. If there was a loss of consciousness involved the athlete must remain symptom free for 14 days as well as ImPACT scores back to original.
- B. Second Concussion (defined within 12 months from the first concussion):
  - a. Athlete must be cleared by their doctor.
  - b. They must remain symptom-free for 14 consecutive days and have ImPACT post injury scores comparable to their original baseline scores.
    - i. If there was a loss of consciousness involved the athlete must remain symptom free for 30 consecutive days as well as ImPACT scores back to baseline.
- C. Third Concussion (defined within 12 months of the first concussion)
  - a. Athlete must be cleared by their doctor.
  - b. They must remain symptom-free for a minimum 30 consecutive days and have ImPACT post injury scores comparable to their original baseline scores.
  - c. May be required to see a neurologist.

Before returning to full competition, the athlete will follow a return to play progression under supervision of the Certified Athletic Trainer.

These guidelines are put in place to help manage concussions and return to play; however, each athlete is different and may require different or additional care.

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## **Concussion Signs and Symptoms to be Aware of**

Your son has sustained a head injury. In some cases, the signs of a concussion do not become obvious until several hours or even days after the initial injury occurs. Please take notice of these signs and symptoms if they occur.

1. Headache (especially one that **gets worse over time\***)
2. Nausea and vomiting
3. Dizziness
4. Ringing in the ears
5. Mental confusion/ behavioral changes
6. Difference in pupil size or **dilated pupils- one of both\***
7. Memory loss
8. Changes in balance or gait (the way they walk)
9. **Blurry or double vision\***
10. **Slurred speech\***
11. **Decreased or irregular pulse or breathing\***
12. **Seizure activity\***
13. **Difficulty awakening or loss of consciousness\***

**\*These can be signs of a serious concussion or possible worse head injury and your son needs to be seen immediately at the closest emergency room.**

The best guideline is to note symptoms that worsen over time and any changes in behavior in your son. If you have questions or concerns about the symptoms you observe, contact your family physician for instructions, or seek medical attention at the closest emergency department.

### **To Do:**

- Use Tylenol for pain
- Use ice pack on head and neck
- Eat a light diet
- Go to sleep
- Rest (no sports or physical activity)
- Make a doctor's Appointment**

### **There is NO need to:**

- Check eyes with a flashlight
- Wake up every hour
- Test reflexes
- Stay in bed

### **Do NOT:**

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Take NSAIDs such as Ibuprofen, aspirin, or naproxen

For more information on concussions please contact your primary care physician or visit <http://www.cdc.gov/traumaticbraininjury/>

**Please remind your son to check in with the school nurse when he returns to school prior to going to class in the morning, as well as to follow up with the Athletic Trainer after school.**

## **Iona Preparatory School Concussion Management Plan**

When your son has been cleared by a doctor, he will be able to return to his sport with some limitations. The following guidelines will be followed:

**Day 1: Must be symptom free for 24 hours before moving on.**

**Day 2:** Low impact, non-strenuous, light aerobic activity

**Day 3:** Higher impact, higher exertion, moderate aerobic activity. Still no resistance training.

**Day 4:** Sport specific, non-contact activity. Low resistance weight training with a spotter.

**Day 5:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter

**Day 6:** Full contact training drills and intense aerobic activity.

**Day 7:** Return to full activities with clearance from Doctor and Athletic Trainer.

**Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.**

The Iona Prep Concussion Management team will do its best to ensure your son's safety during this process. The members of this team have completed a course on concussion management and have been trained to recognize the signs and symptoms of a concussion.

The members of this team include:

School Nurse

Certified Athletic Trainer

Team Coach

Academic Dean

PE Teacher

In addition to these members, we expect to have the cooperation of the athlete and their parents.