

Concussion Action Plan

Chelsea School District Management of Sports-Related Concussions

Chelsea School District has developed this protocol to address the issue of the identification and management of concussions for students who participate in school sports. Act 68 was passed into law in 2013 and requires that schools have an action plan.

A safe return to activity protocol (learning and athletics) is important for all athletes following any injury, but it is essential after a concussion. The goal of this concussion protocol is to ensure that concussed athletes are identified, treated and referred appropriately for return to learn and return to play. Consistent use of a concussion management protocol will ensure that the athlete receives appropriate follow-up and/or academic accommodations in order to make certain that the athlete is fully recovered prior to returning to full athletic play activity.

This protocol will be reviewed annually by Parrish Eiskamp/Athletic Director. Changes and modifications will be reviewed and written notifications will be provided to athletic department staff, coaches and other appropriate school personnel.

All coaches are required to certify concussion management training every two (2) years. Parents and athletes must be educated about concussions annually. The written documentation of coaches annual training shall be kept in the coaches personnel file and the student/parents in the student file and be tracked by Parrish Eiskamp/Athletic Director.

Recognition of Concussion

These signs and symptoms – following a witnessed or suspected blow to the head or body – are indicative of a probable concussion.

Signs (observed by others)

Forgets plays
Appears dazed or stunned
Exhibits confusion
Unsure about game, score, opponent
Moves clumsily (altered coordination)
Balance problems
Personality change
Responds slowly to questions
Forgets events prior to hit
Forgets events after the hit
Loss of consciousness (not required)

Symptoms (reported by athlete)

Headache
Fatigue
Nausea or vomiting
Double vision, blurry vision
Sensitive to light or noise
Feels sluggish
Feels “foggy”
Problems concentrating
Problems remembering

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed from competition or practice and will not be allowed to train or compete with a school athletic team until the athlete has been examined by and received written permission to participate in athletic activities from a health care provider (per Act 68, approved by the VT Legislature in 2013).

Parrish Eiskamp/Athletic Director has been designated as the individual who can make the initial decision to remove a student athlete from play when it is suspected the athlete may have suffered a concussion.

Athletes with a suspected concussion are not be permitted to drive home and will be released to an adult.

School must notify parents/guardians/emergency contact at the conclusion of the event if student sustains a concussion.

Parrish Eiskamp/Athletic Director or the Head Coach is the individual assigned to inform parents/guardians that their student/child may have sustained a concussion. The Head coach will notify the athletic director if it is believed that a concussion has been sustained.

Act 68 requires that schools must outline the steps required before a student athlete can return to athletic or learning activity.

Return to Learn Protocol: The following steps are required before the student can return to academic activity (for more detail see Return to Learn Protocol – Section 7 of School Concussion Management Toolkit). The student is required to complete the RTL protocol and be symptom free for 24 hours before beginning the RTP protocol.

1. Home - Total Rest
2. Home – Light Mental Activity
3. School – part time – maximum accommodations
4. School - part time – moderate accommodations
5. School – full time – minimal accommodations
6. School – full time – full academics, no accommodations

Return to Play Protocol: For more detail see Return to Play Protocol – Section 8 of School Concussion Management Toolkit.

- The return to play plan should start only when you have been without any symptoms for 24 hours.
- It is important to wait for 24 hours between steps because symptoms may develop several hours after completing a step.
- Do not take any pain medications while moving through this plan (no ibuprofen, aspirin, Aleve, or Tylenol).
- This program should be supervised by an athletic trainer, school nurse or health care professional trained in the management of concussions

Step 1: Aerobic conditioning - Walking, swimming, or stationary cycling.

Step 2: Sports specific drills – skating drills in hockey, running drills in soccer/basketball.

Step 3: Non-contact training drills – include more complex training drills (passing in soccer/ice hockey/basketball. Running specific pattern plays, etc).

Step 4: Full contact practice.

Step 5: Full clearance for return to play.

Charlotte Faccio/School Nurse is that person designated by the school to approve the Graded Return to non-contact physical activities.

Parrish Eiskamp/Athletic Director is the individual who make the final decision regarding the student's return to athletic activity.

Remember: When in doubt, sit them out!