

Mooresville High School

PIONEER ATHLETIC TRAINING

HEAD INJURY GUIDELINES

Any head injury is potentially dangerous, whether or not the injured person becomes unconscious. Many of the signs and symptoms of brain trauma may not occur for some time following the injury. Immediately following injury careful observation is critical.

General Symptoms

- Headache "Don't feel right"
- Dizziness Feeling Sluggish
- Drowsiness/Fatigue Irritability
- Mental Confusion Concentration Problems
- Restlessness Slowed Reaction Time
- Loss of coordination Amnesia
- Nausea/Vomiting Sensitivity to Light or Noise
- Double or Blurred Vision Ringing in the Ears

Rest is the best! You should not participate in any high risk activities (e.g., sports, weight lifting, PE, riding a bike, etc.). It is important to limit activities that require a lot of mental activity and concentration such as computer, texting, video games, reading, homework, as this can make symptoms worse.

In the event of any suspected head injury Athletic Trainer will notify parent by phone or person. Parents will be instructed to look for the following signs.

Serious Signs to watch for

- Headaches that worsen Slurred Speech
- Seizures Repeated Vomiting
- Change in consciousness Increased Confusion
- Can't be awakened Unusual behavioral change

If any signs appear call your Doctor or go to Emergency room immediately.

CIF Bylaw 313 – Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from practice/competition at that time for 24 hours. Student-Athlete will be re-evaluated the following day by licensed health care provider trained in evaluation and management of concussions. If deemed concussed student-athlete will need written clearance from physician (MD or DO) before beginning return to play protocol.

Any question or concerns contact Mooresville High School Athletic Trainer

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MOORESVILLE HIGH SCHOOL

CONCUSSION RETURN TO PLAY PROTOCOL

*Per Indiana Code 20-34-7, a student athlete who is suspected of suffering a head concussion may not return to play until the student athlete has been evaluated by a **licensed health care provider trained in the evaluation and management of concussions**, receives a written clearance to return to play, and at least twenty-four (24) hours has passed from the initial injury.*

After passing Impact post-injury test and written clearance by MD or DO:

Day 1

Student-athlete will run/jog for 20-30 minutes then evaluated by ATC.

Day 2

Student-athlete will run/jog for 30-40 minutes and sports specific (e.g., pass catching, shooting drills, dribbling etc.,) non-contact drills arranged by athletic Trainer and coaching staff, then re-evaluated by ATC.

Day 3

Student-athlete may participate in full practice without contact, then re-evaluated by ATC.

Day 4

Student-athlete may return to full practice, then re-evaluated by ATC.

Day 5

Student-athlete may return to full game play.

***Each step of the Return-to-Play protocol must be completed on a separate day.** If any signs and/or symptoms of a concussion occur during any step, the student must return to the previous step and return for follow-up with the licensed healthcare provider.

*Even with a physician's clearance, the Athletic Trainer reserves the right to hold out any student-athlete if they suspect the athlete is not ready to compete safely.