

Richland School District Two- Concussion Management Plan and Return to Play Protocol for Student Athletes

The Richland School District Two- Concussion Management Plan and Return to Play Protocol will address the procedures for any Richland School District Two student athlete that sustains a traumatic brain injury (TBI) better known as a concussion. This injury can be related to his or her participation in a Richland School District Two sponsored activity or result from a non-school related accident or injury. No matter the cause of the injury any Richland School District Two student athlete will be required to complete the Return to Play Protocol.

Concussion Education

Prior to any participation in Richland School District Two athletics, the parents/guardians and student athletes must complete concussion education designated by the district as required by state law. Confirmation of receiving and review of educational materials by signature of all parties is required prior to any participation in athletic activities.

Concussion Management Plan

A concussion has the potential to be a life threatening condition and should be treated with extreme caution. Procedures in Step 1 are to guide the parent/guardian/coach on how to handle the initial injury. It is always best to error on the side of caution and seek a trained health care provider for appropriate evaluation. Step 2 gives a detailed plan on how the student athlete will return to participation following this injury.

Notification School Personnel of Injury

If a student athlete complains of concussion like symptoms (i.e. headache, dizziness, sensitivity to light or noise, etc.) while participating in Richland School District Two Athletics they are to do the following:

- The student athlete/coach/parent/guardian should report the initial injury to a Richland School District Two Certified Athletic Trainer or Moore Center Affiliated Certified Athletic Trainer.
 - If injury is sustained at an away competition, the coach should report the injury to the away schools Certified Athletic Trainer for evaluation.
 - If no AT is available, the student athlete will be held from participation until they can be evaluated by an AT or other appropriate medical professional (physician, physician assistant, or nurse practitioner).
- After the student athlete is evaluated by a Certified Athletic Trainer or AT and determined to have sustained a TBI the student athlete will be removed from any sporting

activity, the concussion management plan will be initiated, and referred to physician when appropriate.

Step 1- Initial Injury

- Take the student athlete to an emergency medical facility immediately by ambulance if you notice any of the following:
 - Significant change in behavior (irritable, overly emotional, etc.)
 - Vomiting
 - Severe or worsening dizziness (unable to stand up on own)
 - Severe or worsening headache
 - Double or severely blurred vision
 - Incoherence or inability to wake athlete up
- The student athlete's initial evaluation by a Richland School District Two Certified Athletic Trainer or Moore Center Affiliated Certified Athletic Trainer will be conducted using a SCAT3 concussion evaluation form or related concussion evaluation form to establish a baseline score and documentation of all symptoms.
- It is preferred that any student athlete with a traumatic brain injury have an initial exam by a physician, who has been trained in concussion management, within 48-72 hours after the injury.

Step 2-Return to Play Protocol

- Student athletes with a concussion are required to complete a gradual return to play protocol (RTP) and receive clearance from a physician per state law.
- The student athlete will be evaluated daily for concussion symptoms only until no symptoms remain (stage 1).
- Student athletes will begin a gradual increase in athletic activity, supervised by an AT, after they have passed Stage 1 in the RTP with no reported symptoms for 24 consecutive hours. The student athlete will be evaluated for any return of symptoms after each day of activity until released to full participation.
- Table 1 illustrates the exact RTP that each student athlete will follow. Each stage represents one day, if the student athlete develops symptoms at any point activity will be halted and resumed at stage 1 following 24 hours of rest.

Table 1 Richland School District Two Concussion Return to Play Protocol for Student Athletes

Return to Play Stages (Each stage is one day)	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Symptom limited physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum permitted heart rate No resistance training	Increase HR
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills, eg, passing drills in football and ice hockey. May start progressive resistance training	Exercise, coordination, and cognitive load
----- Physician Clearance required before proceeding to day 5 -----		
5. Full-contact practice	Following medical clearance participate in normal practice/conditioning/weight lifting activities	Restore confidence and assess functional skills
6. Return to play	Normal game play	

Table 1 protocol is based off *Consensus statement on concussion in sport: the 4th International Conference on Concussion Sport held in Zurich, November 2012 and the National Athletic Trainers Association Position Statement: Management of Sport Concussion.*

Step 3- Physician Clearance

- All concussions must obtain a written clearance from a physician before returning to participation. This clearance must come from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). No other health care provider will be recognized for clearance.
- Once the student athlete has passed day 4 of Step 2 they will return to a physician for final clearance. This physician clearance must be achieved before they can proceed to day 5 of Step 2 and full return to play.
- In some cases a physician may give conditional clearance prior to completing the full return to play protocol. In this situation the Richland School District Two student athlete will still be required to complete the full return to play protocol but the prior documented physician clearance will be satisfactory.

***An athlete can have re-injury and go back to Step 1.*

Questions related to the Concussion Management Plan or Return to Play Protocol for Concussions can be directed to any Richland School District Two Certified Athletic Trainer.