

Downers Grove North’s two certified athletic trainers are Jill Ferree and Katie Doberszty. They evaluate, treat and rehabilitate student-athletes after suffering an injury. They have a relationship with Dupage Medical orthopaedics and also use the services of Athletico.

As of last year, the athletic training staff has implemented the use of ImPACT as a way of returning student-athletes back to participation following a suspected concussion. In the event of a concussion a student-athlete re-takes the ImPACT test, and then a physician compares the base-line with the post-concussion test. When the athlete is asymptomatic, exertional testing begins. Once a student-athlete completes the exertional testing without symptoms they are referred back to a physician for clearance to participate to sport.

CONCUSSION INFORMATION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by the blow to another part of the body with the force transmitted to the head. You cannot see a concussion and most sports concussions occur without loss of consciousness. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of a concussion, seek medical attention right away.

SYMPTOMS MAY INCLUDE:

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> ● Headaches ● “Pressure in head” ● Nausea or vomiting ● Neck pain ● Balance problems or dizziness ● Blurred, double, or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns 	<ul style="list-style-type: none"> ● Amnesia ● “Don’t feel right” ● Fatigue or low energy ● Sadness ● Nervousness or anxiety ● Irritability ● More emotional ● Confusion ● Concentration or memory problems (forgetting game plays) ● Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> ● Appears dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or displays incoordination ● Answers questions slowly ● Slurred speech ● Shows behavior or personality changes ● Can’t recall events prior to hit ● Can’t recall events after hit ● Seizures or convulsions ● Any change in typical behavior or personality ● Loses consciousness 	

Athletes with the signs and symptoms of concussion should be removed from play immediately.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice in all its branches prior to returning to play or practice following a concussion. If an athlete is removed from contest, suspected of having a head injury, they will not be cleared to participate during that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.