

Dumas ISD Guidelines for Sports Concussion Management

Introduction

Concussions received by participants in sports activities are an ongoing concern at all levels. Recent interest and research in this area has prompted reevaluations of treatment and management recommendations from the high school to the professional level. Numerous agencies and associations throughout the United States responsible for developing guidelines addressing the management of concussion in high school student-athletes have developed or revised their guidelines for concussion management.

The information provided here will update interested stakeholders on the UIL requirements for concussion management in student-athletes participating in activities under the jurisdiction of the UIL and will also provide information on compliance with Chapter 38, Sub Chapter D of the Texas Education Code (TEC) that was amended by the passage of House Bill 2038 during the 82nd legislative session.³

What is a concussion?

Concussion - A concussion is a type of traumatic brain injury (TBI). Concussions are the common result of a blow to the head or body which causes the brain to move rapidly within the skull. This injury causes brain function to change which results in an altered mental state (either temporary or prolonged). Physiologic and/or anatomic disruptions of connections between some nerve cells in the brain occur. Concussions can have serious and long-term health effects, even from a mild bump on the head. Symptoms include, but are not limited to, brief loss of consciousness, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, moodiness, poor concentration or mentally slow, lethargy, photosensitivity, sensitivity to noise, and a change in sleeping patterns. These symptoms may be temporary or long lasting.⁴

Evaluation of Concussion

1. At the time of injury one of the following assessment tools must be administered.
 - a. Sports Concussion Assessment Tool (SCAT 3)
 - b. Acute Concussion Evaluation (ACE) Care Plan (CDC)
 - c. Sideline Field & Visual Assessments
 - d. On-field Cognitive Testing
2. **Athlete will NOT return to a practice or a game if he/she has ANY signs and symptoms that would indicate the possibility of a concussion.**
3. Athlete must be referred to a Doctor (can be the Doctor of their choosing)
4. Home Instructions to Parent/Guardian
5. Return to Play Guidelines for Parents
6. Parent Informed Consent and Athlete's Participation Form
7. If in doubt, athlete is referred to doctor and does not return to play.

Concussion Management

It may be necessary for individuals with concussion to have both cognitive and physical rest in order to achieve maximum recovery in shortest period of time. It is recommended that the following be considered:

1. School Modifications
 - a. Notify school nurse and all classroom teachers regarding the student athlete's condition.
 - b. Notify teachers of post concussion symptoms.
 - c. Student **may** need special accommodations regarding academic requirements (such as limited computer work, reading activities, testing, assistance to class, etc.) until concussion symptoms resolve.
 - d. Student may only be able to attend school for half days or may need daily rest periods until symptoms subside.
**In special circumstances the student may require homebound status for a brief period.³*
2. Student shall be symptom free for 24 hours prior to initiating the return to play progression.

Return to Play Guidelines

1. **Physician Clearance - written clearance from a physician is required before starting the return to play protocol**
2. Activity progressions
 - a. Athlete must be symptom free 24 hours before any activity is resumed
 - b. Light aerobic exercise – 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises¹
 - c. Moderate aerobic exercise – 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment¹
 - d. Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
 - e. Full contact practice or training.
 - f. Full game play (~~must have physician clearance~~)⁴
**Athlete progression continues at 24-hour intervals as long as athlete is asymptomatic at current level. If the athlete experiences any post concussion symptoms, you should wait 24 hours and start the progressions again at the beginning.³*
3. Athletic Trainer Clearance

Any subsequent concussion requires further medical evaluation, which may include a physical examination prior to return to participation. Written clearance from a physician is required as outlined in TEC section 38.157 before any participation in UIL practices, games or matches. ¹

No longer in use - UIL has replaced this form (pg 3-4) with their own form that parents and students must complete prior to participation in athletics

Dumas ISD Guidelines PRESEASON

Parental Information and Consent Form for Concussions

What is a concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in *any* sport or recreation activity.²

What are signs and symptoms of a concussion?

Signs and symptoms of a concussion are typically noticed right after the injury, but some might not be recognized until days after the injury. Common symptoms include: Difficulty remembering recent events or meaningful facts, severe headache, particularly at a specific location, abnormal drowsiness or sleepiness, bleeding or clear fluid discharge from the nose or ears, double vision, blurred vision, or unequal pupils, nausea or vomiting, dizziness, poor balance or unsteadiness, slurring of speech, convulsions, persistent ringing of the ears, weakness in the arms or legs, loss of appetite, stiffening of the neck, and difficulty waking up.

What should you do if you suspect a concussion?

1. Immediately remove student from practice or game
2. Seek medical attention right away
3. Do not allow the student to return to play until proper medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professional(s).

*If you have any questions concerning concussions or the return to play policy, you may contact the Athletic Trainer for the district.

What if my child keeps playing with a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

In the event that a student athlete is suspected of a concussion the student will be:

1. Removed from practice or game immediately
2. Evaluated by a Licensed Physician AND the Dumas ISD Athletic Trainer
3. Administered an assessment test
4. Progressed through the return to play protocol under the direction of a Licensed Physician.
5. Released to participate with the written consent from a Physician, Athletic Trainer, and Parents/Guardian.

Return to Play Protocol

Return to play protocol following a concussion is a step-by-step process starting from complete rest to full-contact practice or training. This progression has been developed and will be managed by the Licensed Athletic Trainer of Dumas ISD under the supervision its Concussion Management Team led by a Licensed Physician. In this step-by-step progression, the athlete should continue to proceed to the next level if they are symptom free at the current level. Generally, each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are symptom free at rest and with aggressive exercise. If any post-concussion symptoms occur while in the return to play steps, then the patient should drop back to the previous symptom free level and try to progress again after a further 24-hour period of rest has passed.⁵

Liability Provisions

The student and the student's parent or guardian or another person with legal authority to make medical decisions for the student understands this policy does not:

1. waive any immunity from liability of a school district or open-enrollment charter school or of district of charter school officers or employees;
2. create any liability for a cause of action against a school district or open-enrollment charter school or against district or charter school officers or employees;
3. waive any immunity from liability under Section 74.151, Civil Practice and Remedies Code;
4. create any liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic athletics practice of competition, based only on service on the concussion oversight team.

Parental Consent

By signing this form, I understand the risks and dangers related with returning to play too soon after a concussion. Furthermore, in the event that my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in and comply with the Dumas ISD return to play protocol. The undersigned, being a parent, guardian, or another person with legal authority, grants this permission.

Athlete's Name (print) _____

Parent's or Guardian's Name (print) _____

Parent's or Guardian's Signature _____

Date: _____

DISD Return to Play Guidelines for Parents

“When In Doubt, Sit them Out” A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in *any* sport or recreation activity.²

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

Dumas ISD has developed a protocol for managing concussions. This policy includes a multidiscipline approach involving athletic trainer clearance, physician referral and clearance, and successful completion of activity progressions related to their sport. The following is an outline of this procedure. Your son/daughter must pass **ALL** of these tests in order to return to sport activity after having a concussion.

1. All athletes who sustain head injuries are required to be evaluated by their primary care physician. They must have a normal physical and neurological exam prior to being permitted to progress to activity. This includes athletes who were initially referred to the emergency room.
2. The student will be monitored daily at school by the athletic trainer and/or school nurse. His/her teachers will be notified of their injury and what to expect. Accommodations may need to be given according to physician recommendations and observations.
The student will be given a neurocognitive test 48 hours after the concussion. The athlete’s post-injury testing data must be within normal limits before he/she is released for activity.
3. The student must be asymptomatic (symptom free) at rest and exertion.
4. Once cleared to begin activity, the student will start a progressive step-by-step procedure outlined in the following steps. The progressions will advance at the rate of one step per day. The progressions are:
 - a. Athlete must be symptom free 24 hours before any activity is resumed
 - b. Light aerobic exercise – 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises¹
 - c. Moderate aerobic exercise – 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment¹
 - d. Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
 - e. Full contact practice or training.
 - f. Full game play

*Athlete progression continues at 24-hour intervals as long as athlete is asymptomatic at current level. If the athlete experiences any post concussion symptoms, you should wait 24 hours and start the progressions again at the beginning.³
5. Once the student has completed steps 1 through 4, he/she may return to their sport activity with no restrictions.

The athlete named below has completed the required return to play protocol for a concussion. By signing this form, I understand the dangers related with returning to play too soon after a concussion. Furthermore, I certify that my son/daughter has successfully completed the DISD return to play protocol and I give my permission for him/her to return to sport activity. The undersigned, being a parent, guardian, or another person with legal authority, grants this permission.

Athlete's Name (printed)_____

Athlete's Signature_____ Date_____

Parent/Guardian's Name (printed)_____

Parent/Guardian's Signature_____ Date_____

*Athletic Trainer's Signature*_____ *Date* _____

DISD Return to Play Guidelines

Information for Treating Physician

Dumas ISD has developed a protocol for managing concussions. This policy includes a multidiscipline approach involving athletic trainer clearance, physician referral and clearance, and successful completion of activity progressions related to their sport. The following is an outline of this procedure. The injured athlete must complete and successfully pass all of these tests in order to return to sport activity after having a concussion.

1. All athletes who sustain head injuries are required to be evaluated by their primary care physician. They must have a normal physical and neurological exam prior to being permitted to progress to activity. This includes athletes who were initially referred to the emergency room.
2. The student will be monitored daily at school by the athletic trainer and/or school nurse. His/her teachers will be notified of their injury and what to expect. Accommodations may need to be given according to physician recommendations and observations.
3. The student must be asymptomatic at rest and exertion.
4. Once cleared to begin activity, the student will start a progressive step-by-step procedure outlined in the following steps. The progressions will advance at the rate of one step per day. The progressions are:
 - a. Athlete must be symptom free 24 hours before any activity is resumed
 - b. Light aerobic exercise – 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises¹
 - c. Moderate aerobic exercise – 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment¹
 - d. Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
 - e. Full contact practice or training.
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*Athlete progression continues at 24-hour intervals as long as athlete is asymptomatic at current level. If the athlete experiences any post concussion symptoms, you should wait 24 hours and start the progressions again at the beginning.³
5. Once the student has completed steps 1 through 4, he/she may return to their sport activity with no restrictions.

DUMAS ISD

Authorization for the Release of Medical Information

The Family Educational Right to Privacy Act Of 1974 (FERPA) is a federal law that governs the release of a student's educational records, including personal identifiable information (name, address, social security number, etc.) from those records. Medical information is considered a part of a student athlete's educational record. Also, the Health Insurance Portability and Accounting Act of 1996 (HIPAA) allows the disclosure of information from treating physicians.

This authorization permits the athletic trainer and team physicians of the Dumas ISD to obtain and disclose information concerning my medical status, medical condition, injuries, prognosis, diagnosis, and related personal identifiable health information to the authorized parties listed below. This information includes injuries or illnesses relevant to past, present, or future participation in athletics.

The purpose of a disclosure is to inform the authorized parties of the nature, diagnosis, prognosis or treatment concerning my medical condition and any injuries or illnesses. I understand once the information is disclosed it is subject to re-disclosure and is no longer protected.

I understand that the Dumas ISD will not receive compensation for its disclosure of the information. I understand that I may refuse to sign this authorization and that my refusal to sign will not affect my ability to obtain treatment. I may inspect or copy any information disclosed under this authorization.

I understand that I may revoke this authorization at any time by providing written notification to the head athletic trainer. I understand revocation will not have any effect on actions Dumas ISD has taken in reliance on this authorization prior to receiving the revocation. This authorization expires six years from the date it is signed.

Student ID# _____

Student Name (printed) _____

Student Signature _____ **Date** _____

Parent/Guardian Name (printed) _____

Parent/Guardian Signature _____ **Date** _____

Symptoms of a Concussion for Physician Referral

Day of Injury Referral

1. Loss of consciousness on the field
2. Amnesia
3. Severe Headache
4. Increase in blood pressure
5. Cranial nerve deficits
6. Vomiting
7. Motor deficits subsequent to initial on-field exam
8. Sensory deficits subsequent to initial on-field exam
9. Balance deficits subsequent to initial on-field exam
10. Cranial nerve deficits subsequent to initial on-field exam
11. Post-concussion symptoms that worsen
12. Additional post-concussion symptoms as compared with those on the field
13. Athlete is symptomatic at the end of the game
14. ***Deterioration of neurological function****
15. ***Decreasing level of consciousness****
16. ***Decrease or irregularity in respiration****
17. ***Decrease or irregularity in pulse****
18. ***Unequal, dilated or un-reactive pupils****
19. ***Any signs or symptoms of associated injuries , spine or skull fracture or bleeding****
20. ***Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation****
21. ***Seizure activity****

Note: * indicates that the athlete needs to be transported immediately to the nearest emergency room.

Delayed Referral (after the day of the injury)

1. Any of the findings in the day of injury referral category
2. Post-concussion symptoms worsen or do not improve over time
3. Increase in the number of post-concussion symptoms reported
4. Post-concussion symptoms begin to interfere with the athlete's daily activities (ie. sleep, cognition, depression, aggression, etc.)

Home Instructions for Concussions

_____ has sustained a concussion during _____ today. To make sure he/she recovers please follow the following important recommendations:

1. Please review the items outlined on the **Physician Referral Checklist**. If any of these problems develop, please call 911 or your family physician.
2. Things that are **OK** to do:
 - a. Take acetaminophen (Tylenol) - **DO NOT TAKE** Advil, ibuprofen, naproxen, etc.
 - b. Use ice packs on head or neck as needed for comfort
 - c. Eat a light diet
 - d. Go to sleep (rest is very important)
 - e. No strenuous activity or sports
 - f. Return to school
3. Things that should **NOT** be allowed:
 - a. Eat spicy foods
 - b. Watch TV or play video games
 - c. Listen to iPod or talk on telephone
 - d. Read
 - e. Use a computer
 - f. Bright lights
 - g. Loud noise
 - h. Drink alcohol
4. Things there is **NO NEED** to do:
 - a. Check eyes with a flashlight
 - b. Wake up every hour
 - c. Test reflexes
5. Have student report to clinic or athletic training room at _____ tomorrow for a follow-up exam

Further recommendations:

Instructions provided to: _____ Signature: _____

Relationship to Athlete:

Contact Number: _____ (Home) _____ (Cell)

Instructions provided by:
 Summer Roark, LAT - Dumas ISD Athletic Trainer
 Initials: _____

Date: _____

Time: _____

Letter to Teacher for Student Recovering from a Concussion

(Date)

Dear Teacher,

_____, is returning to school after having sustained a concussion. A concussion is a complex injury to the brain caused by movement of the brain within the skull. Please observe this student during class. He/she may still be suffering from post concussion syndrome and may not be able to participate at their normal level. Some things you may notice are headaches, dizziness, nausea, lethargy, moodiness, blurred vision, poor concentration, mentally slow, depression, or aggression. These symptoms may be temporary or long lasting.

Because these symptoms may linger for an unspecified period of time, you may need to modify school work until he/she is symptom free. Also, if you see anything unusual, please notify me, Summer Roark, as soon as possible, or contact the school nurse. I will keep you informed of any medical updates that are pertinent to the classroom. The school nurse is aware of the injury, and you may consult with her at any time. Also his/her counselors and the appropriate administrators are aware of the injury.

You are an important member of the team that is treating _____ for their head injury. The physician and I only get a small snapshot of his daily activity. Therefore, any information that you can pass along to us is both appreciated and necessary to the successful recovery from the concussion.

If you have any further questions, please contact me.

Summer Roark, MS, LAT
Dumas ISD Athletic Trainer
806-935-2523 ext.2010
summer.roark@dumasisd.org

References:

1. <http://www.uiltexas.org/files/health/2011-NFHS-SMAC-Suggested-Guidelines-for-Management-of-Concussion-in-Sports.pdf>
2. <http://www.cdc.gov/concussion/sports/index.html>
3. <http://www.uiltexas.org/files/health/UIIL-CMP-Implementation.pdf>
4. Mesquite ISD concussion management guide
5. DeSoto ISD concussion management guide

Revised:**Fall 2018**