

Concussion Information and Fact Sheet

Definition:

A concussion is an interruption of the normal brain function due to a blow, knock, or jolt to the head, neck, jaw, or the body. The impact causes the brain to bounce off the skull which disturbs the neurological signals. This disruption can last for a very brief period of time or can last for an extend period of time.

Every concussion is different and every kid with a concussion is different.

Each year, along with the GFPS participation form, parents/guardians will sign the Parent/Guardian Concussion Information and Fact Sheet, stating that they have read about what concussions are and how they will be managed at CMR.

In the event your athlete sustains a suspected concussion you will be notified and responsible for transporting your athlete from CMR. Your athlete will NOT be allowed to drive home.

Return to Play Criteria:

In accordance with both the Zurich Statement and the MHSA/MOA Concussion and injury procedures (Dylan Steiger's Protection of Youth Athlete Act), NO athlete suspected of having a concussion shall return to physical activity the same day the injury occurred.

Qualifiers:

As stated in GFPS Board Policy 3415 an athlete will be cleared by a "*licensed health care professional who specializes in concussion management and is under contract with the school district. This certified health care provider may be a volunteer.*"

If you take your athlete to a provider and they are diagnosed or cleared from a concussion they are still required to follow return to play protocol currently in place.

Neurocognitive testing:

Within 48 to 72 hours after the injury occurs, the athlete will be given the first post injury

ImPACT test.

Subsequent post injury ImPACT tests will be given until the athlete returns to near normal baseline numbers. In accordance with the ImPACT guidelines, an athlete will not be tested more than once in a 48-hour period of time.

Each exam will be evaluated by a qualified ImPACT physician.

Athletes must return to as near baseline as possible on ImPACT or other neurocognitive test score

Treatment considerations:

REST: The brain has been injured and needs time to heal. Remember this is not a time to play video games, text message, or do other strenuous mental activities.

SCHOOL WORK: It is the athlete's responsibility to inform all of their teachers they sustained a concussion. If the athlete is having difficulties concentrating during class it might be wise to take a few days off of school to allow the brain time to relax. The athlete is still required to complete their school work, but may need to work with teachers to modify school work. The Assistance Principal and Counseling staff may be consulted to modify an athlete's school day.

DRIVING: It is strongly recommended that an athlete, who has sustained a concussion, NOT drive until they are asymptomatic. There are multiple factors that play into a person's ability to driving a car that are slowed when there has been a concussion.

MEDICATIONS: Unless recommended by physician, it is not advisable to take any type of medication. This includes medicines like Ibuprofen[®], Tylenol[®], and Aspirin which will thin the blood. Avoid the use of alcohol and illegal drugs.

OBSERVATION: If the athlete has changes in his/her mental status, is not able to be awakened, or symptoms drastically change, the athlete needs to be taken to the emergency room for further evaluation.

Progression:

1. NO activity – until athlete is asymptomatic for at least 24 consecutive hours.
2. Light aerobic activity - riding the bike, walking at a brisk pace. NO weight lifting during this stage. At this stage we want to get the athletes heart rate up but less than 70% of their maximum heart rate (220 – athlete's age).
3. Sports-specific training (with NO contact) - we want the athlete to increase their heart rate while doing activities they will perform in their sports. Football players will be in no pads during this step.
4. Non-contact drills – during this step the athletes will be at practice participating in drills, however they are not allowed to make physical contact with other athletes. Football players will be in ONLY helmets and shoulder pads during this step.
5. Full-contact drills – during this step that athlete will be progressed into full practice
 - a. Day one progressing into half of the drills and practice.
 - b. Day two progressing into three-fourths of the drills and practice.
6. Return to full practice and games

It is approximated that an athlete will fully return to play within eight days after the athlete first becomes asymptomatic. Each step should take approximately 24 hours unless otherwise specified.

During each of these steps the athlete will be followed closely by the CMR athletic training room staff or other designated personal. Athlete must remain asymptomatic during each step to be progressed to the next step. **IF** the athlete has symptoms during a particular step, they will be removed from activity and required to rest for at least 24 hours.

Following the rest period and no symptoms appear, the athlete will be allowed to continue the step wise progress beginning one step prior to where they were when symptoms occurred.

A step wise process will be followed in order to ensure that athletes return to play after a safe period of time following a concussion. Please note that every athlete is different and the length of time it takes an athlete to recover from a concussion depends on multiple variables. The CMR athletic training room staff has the athlete in mind when making every decision.

Long term consequences of concussions:

- Depression or anxiety
- Parkinson's like symptoms
- Sensitivity to light and/or noise
- Traumatic Encephalopathy – dementia
- Trouble sleeping or sleeping too much
- Cognitive problems
- Memory lapses
- Death

Additional Resources:

- www.cdc.gov/concussions
- www.cokidswithbraininjury.com
- www.mhsa.org
- www.impacttest.com
- <http://nflhealthandsafety.com>
- The Athletic Trainer at CMR
- A Medical Profession Experienced in Managing Concussions

Please sign and return the bottom portion to the CMR athletic training room staff

We have read the above information and facts about concussions and understand the progression policy at CMR.

Parent signature _____

Date _____

Athlete's signature _____

Date _____

Athlete's Name _____