

Eaton Community Schools Concussion Management Policy

The recognition and treatment of athletes who have suffered a concussion has become a national priority. Eaton Community Schools Concussion Policy follows the National Federation of High Schools and Ohio High School Athletic Associations recommended and mandated guidelines. *The State of Ohio Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from a practice or contest and **not permitted to reenter practice or competition on the same day as removal.** Thereafter, **written medical authorization from a physician (M.D. or D.O.) or another licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., and is authorized by the Board or Education or other governing board, is required to grant clearance for the student to return to participation.***

Eaton Community Schools and its Department of Athletics along with Dayton Sports Medicine Institutes contracted Athletic Trainer will use the below steps to best manage instances of concussions in our sports programs:

1. All coaches (paid and volunteer) must complete annual training. *In the area of current concussion management practices. This training should include but is not limited to up-to-date information on the identification of concussion, the signs and symptoms associated with the injury, the risks involved with allowing athletes to continue to play while symptomatic, methods of concussion assessment, and the importance of gradual return to play practices.*
2. Information will be provided to parents/guardians about concussions annually (including signs and symptoms and risks involved with continuing to play while symptomatic) and parents will be required to provide written acknowledgement of such information prior to their child(ren) being allowed to participate in Eaton Community Schools extracurricular activities.

Signs and symptoms:

Signs Observed By Others:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly)
- Shows behavior or personality changes.
- Can't recall events before hit or fall.
- Can't recall events after hit or fall.

Symptoms Reported By Student-Athlete:

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not "feel right."
- Irritability

3. Athletes will be offered a baseline Neurocognitive test (ImPACT) upon entering their freshmen year of competition or upon entering a sport at the High School level. *The ImPACT test is a computerized test that documents the athlete's cognitive and speed skills. The test has been validated as an accurate measure of brain function recovery following a sports concussion. This baseline test can then be compared to repeat test following a sustained concussion. This can help show the degree of injury and help measure when recovery has occurred. **This is only one tool of many that are used to determine when an athlete is able to return to play.***
4. Athletes suspected of having a concussion should be immediately removed from play and evaluated before being allowed to resume physical activity. All concussion evaluations should be done in accordance to OHSAA regulation by a licensed health care professional (M.D, D.O., ATC) which are trained in the treatment and management of concussions. Before the concussed athlete can return to action, the athlete must have written clearance by (M.D., D.O., ATC) the parent/guardian has the right to choose what licensed health care provider treats their child, each situation is different but below are basic criteria;

Eaton Community Schools Concussion Management Policy

- a. If the athlete is in Junior High they must be seen by a physician and written clearance must be given to the head coach and athletic office.
 - b. If the athlete is in High School it will be up to the Athletic Trainers/Team Physician's digression if they will need further evaluation by a physician. If an athlete is seen by a physician proper clearance and documentation must be submitted to EHS Athletic Trainer and Athletic Department.
5. If the athlete is under the care of the Athletic Trainer at the High School Post Concussion Testing will be offered and administered (ImPACT testing) to compare to their baseline or the normative.

Before the concussed athlete can return to action, the following standards of care should be met;

1. The athlete must be asymptomatic at rest.
2. The athlete must display normal cognitive function as exhibited on either a neurocognitive test such as the ImPACT test and/or on postural stability (balance) testing.
3. The athlete must provide written clearance from the evaluating medical provider. Upon return, the athlete must complete the 5 STEP Return to Play Progression.
4. Utilizing the standards of care the Eaton Community School's recognized medical staff has the final decision as to when the athlete is able to return to full participation. Due to the fact that some concussions and symptoms take longer to resolve than others, each athlete will be treated on a separate case by case basis.

Once the athlete is medically cleared to return to physical activity and proper documentation from the physician has been received. The athlete is then required to follow a stepwise sequence prior to full return to activity. Each step is completed one day at a time and if at any point in time signs or symptoms return during a step the athlete is to stop and return to previous step when signs/ symptoms are gone. Below is the 5 step return to full participation guidelines;

No exertion activity until asymptomatic.

1. When the athlete reports and appears symptom free, begin low-impact activity such as walking, stationary bike, etc.
2. Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities.
3. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting etc.
4. Full contact practice setting.
5. Game play/ competition.

**Depending on the severity of the athletes' injury and time missed an athlete may require more time out of game play to build up the conditioning and strength that was lost. This is all dependent on a case by case basis. **

Below are the following links where you can reference the OHSAA and NHHS regulations and guidelines on Concussions.

<http://www.ohsaa.org/medicine/Concussions/ConcussionRegulations.pdf>

http://www.fhsaa.org/sites/default/files/orig_uploads/health/pdf/concussion.pdf

Below is the link to Ohio Department of Health's Information Sheet.

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

The following free online training courses have been approved by the Ohio Department of Health for Coaches and contest officials:

National Federation of State High School Associations Concussion in Sports - What you Need to

Know: <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>

Centers for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training

Program: http://www.cdc.gov/concussion/HeadsUp/online_training.html

All of this information can also be found on the Eaton Community Schools web page under the Sports Medicine Tab or can be picked up in the main office.

Please be aware by signing the assumption of risk form that is attached to the physical packet you have read and understand what can happen, the short and long term effects of the injury and the return to play guidelines that must be completed.