

TMYSB – CONCUSSION INFORMATION SHEET

Prevention

1. Basic Medical Check-up prior to season (optional). In addition, Pre-Season Baseline IMPACT Testing is also available thru the Valley Sports Institute (a flyer is available elsewhere on this web site). Although not a part of the TMYSB program, the IMPACT test establishes a baseline status for each athlete and can be done on an individual basis. In the event of a Concussion, a re-test at the time of the injury will evaluate if any actual damage has been sustained.
2. Basic understanding of early identification and treatment of Concussions. Proper identification of Concussion is the best way to keep the athlete safe and to provide appropriate treatment (if required) as efficiently as possible. (Reference: Graded Symptom Checklist attachment)
3. Reinforcement of the importance of early identification and treatment of Concussions to improve recovery. It is suggested that parents review this Concussion packet with the athlete and stress that the athlete should: ALWAYS NOTIFY A COACH IF THEY AREN'T FEELING RIGHT.

Possible Signs of Concussion

(Can be observed by Coaches, Athletic Trainer, School Nurse, Teacher or Parent / Guardian)

1. Appears dazed, stunned or disoriented
2. Forgetful - demonstrated short term memory issues
3. Exhibits difficulties with balance or coordination during normal activity
4. Answers questions slowly or inaccurately
5. Any noticeable change in behavior
6. Unusually sleepy or loses consciousness

Symptoms of Concussion

(Can be observed by Coaches, Athletic Trainer, School Nurse, Teacher or Parent / Guardian)

1. Headache
2. Nausea / Vomiting
3. Balance problems or dizziness
4. Double vision or changes in vision
5. Sensitivity to light or sound / noise
6. Feeling Sluggish or foggy
7. Difficulty with concentration and short term memory
8. Sleep disturbance
9. Irritability or personality change

Athletes exhibiting any of the above symptoms should be evaluated by a physician or licensed health care provider trained in the evaluation and management of Concussion to determine the presence or absence of sports-related Concussion or related injury.

If a player is removed from Practice or Competition because Concussion is suspected or identified, the player can only return to the field if cleared to do so by a medical professional – preferably a Neurologist who is trained in evaluation and treatment of Concussions. Written clearance from the Doctor stating that the player is asymptomatic at rest and may return to play **MUST** be presented to the Head Coach upon return to practice / competition.

When the player returns to normal activities – practice and competition, activity should begin on a graduated basis and be closely supervised to notice **ANY** deterioration of symptoms, loss of consciousness or direct neck pain associated with the injury. If **ANY** symptoms reoccur, the player must be removed from the field, parents contacted and immediate medical care must be sought.

Graduated Return to Competition and Practice

Unless otherwise stated by the Doctor in charge of the Concussion Evaluation, complete physical, cognitive, emotional and social rest is advisable while the athlete is experiencing symptoms and signs of a sports-related Concussion or related injury.

After obtaining written clearance from the Doctor that it is ok to return to normal activity, the athlete (under the parent's supervision) should begin a graduated return to normal activity and to practice (Coach's supervision) and competition. Upon return to school, the Teacher as well as the School Nurse (if available) should be notified by the Parent so that the athlete can be monitored effectively all day.

Note: During this time, the parent, teacher and school nurse should be using the GSC Symptom Checklist as a means to check on the athlete's progress

The following steps should be followed:

1. Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any symptoms. If no symptoms are evidenced, next day advance to:
2. Light aerobic exercise which includes: walking and mild exercise, keeping the intensity at up to approximately 70% maximum percentage heart rate (no exertion). The object is to increase the heart rate slowly. If no return of symptoms, next day advance to:
3. Sports specific exercise including: stretching, warm up activities and / or running; no impact activities. The object here is to add movement and continue to increase the heart rate. If no return of symptoms, next day advance to:
4. Non-contact training drills (i.e. passing drills). The athlete may begin progressive resistance training. If no return of symptoms, next day advance to:
5. Return to full activity – normal play or practice routine.

Note: The length of time the athlete is involved in "Graduated Return" is discretionary based on progress made as assessed by the Coaching staff. It is critical that no Athlete returns to active play before they are **FULLY** recovered and experiencing **NO** additional symptoms.

Temporary Accommodations for Athletes with Concussions and Related Injuries

Rest is the best “medicine” for healing Concussions or related injuries. The concussed brain is affected in many functional aspects as a result of the injury. Memory, attention span, concentration and speed of processing significantly impacts learning. Further, exposing the concussed athlete to the stimulating school environment to quickly after the injury, may delay the resolution of symptoms needed for recovery. Accordingly, consideration of the cognitive effects in returning to the classroom is also an important part of the treatment of Concussions and related injuries.

Mental exertion increased the symptoms generated by Concussions and affects recovery. To recover, cognitive rest is just as important as physical rest. Reading, studying, computer usage, testing, and texting – even watching movies if a student is sensitive to light / sound – can slow a student’s recovery. In accordance with the Centers for Disease Control’s toolkit on managing concussions, it is suggested that where possible, the student’s cognitive needs should be addressed in the following ways as they return to school:

1. Take rest breaks as needed
2. Spend fewer hours at school initially
3. Be given more time to take tests or complete assignments (All subjects should be considered).
4. Receive help with homework
5. Reduce time spent on the computer, reading, and writing.
6. Be granted early dismissal to avoid crowded hallways.

By signing below, I certify that I have read the Sports-Related Concussion Head Injury Information Sheet:

Signature of Athlete

Print: Athlete’s name

Date

Signature of Parent/Guardian

Print: Parent/Guardian’s Name

Date