

Taunton Catholic Middle School

Taunton Catholic Middle School is committed to ensuring the health and safety of our students. The following concussion policy utilizes the latest in medical research to prevent and treat head injuries.

Diagnosis and Return to Play:

Athletes should complete the following step-wise prior to return to play following concussion:

- Removal from game or practice following signs and symptoms of concussion
- No return to play in current game or practice
- Medical evaluation following injury. (ImPact, 2010)

Criteria for return after a concussion/brain injury/head injury (must complete all of the steps below):

1. Clearance from a medical professional in writing as defined by the new concussion law. The Principal has the final decision regarding return to play.
2. Completely asymptomatic – no symptoms at all.
3. Completed supervised graduated return to play protocol. Each step should take 24 hours. The steps must be completed without return of any symptoms. If any symptoms occur, the athlete returns to the previous asymptomatic step, after 24 hours have passed.
 1. No activity – complete rest until all symptoms subside
 2. Light aerobic activity (no lifting)-less than 70% max heart rate
 - i. Examples include: walking
 3. Sport Specific exercise-no activities that include head hitting
 - i. Examples include: skating, running drills for basketball or soccer
 4. Non contact drills-more complex than step 3. May start lifting at this step
 - i. Examples include: shooting drills for soccer, basketball
 5. Full Contact Practice-must have a medical professional's clearance and a normal ImPACT test to progress to this step.
 6. Return to game play. (ImPact, 2010)

Documentation

All concussions sustained prior to each year must be reported by parents on the Medical History Form and will be documented by the Principal. Coaches will be informed prior to the beginning of each season of all students within their program who have previously experienced concussions.

National Federation of State High School Associations

A Parent's Guide to Concussion in Sports

What is a concussion?

-A concussion is a brain injury which results in temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

Concussion Facts:

-It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)

-Concussions occur most frequently in football, girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball. All athletes are at risk.

-A concussion is a traumatic injury to the brain.

-Concussion symptoms may last from a few days to several months.

-Concussions can cause symptoms which interfere with school, work and social life.

-An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.

-A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to recognize.

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Signs and symptoms of a concussion:

Signs observed by parents, friends, teachers or Coaches

Appears dazed or stunned
Is confused about what to do
Forget plays
Is unsure of game, score or opponent
Moves clumsily
Answers questions slowly
Loses consciousness
Shows behavior or personality changes
Can't recall events prior to hit
Can't recall event after hit

Symptoms reported by athlete

Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice, continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptom's of a concussion and if you are suspicious, then your child must stop playing?

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a sever headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately. (NFHS, 2010)

Work Cited

"A Parent's Guide to Concussion in Sports." Nathional Federation of State High School Associations. NFHS Sports Medicae Advisory Committee, April 2010.

<http://www.nfhs.org/search.aspx?searchtext=AParent'sGuidetoConcussioninSports>

"Concussion Resource Center." ImPact Test. ImPACT Applications, Inc., 2010.

<http://imparctest.com/concussion/overview>

Resources

"Consensus Statement of Concussion in Sports 3rf International Conference on Concussion in Soport Held in Zurich, November 20108." Clinical Journal of Sport Medica. 19.3 (2009): 185-200

http://journal.lww.com?cjsprotsmed/fulltext/2009/05000/Consensus_Statement_on_Concussion_on_Sport_3rd.aspx

Halstead, Mark E. and Kevin D. Walter. "Sport-Related Concussion in Children and Adolescents." American Academy of Pediatrics. 126.3 (2010): 597-615.

<http://aappolicy.appubliciations.org/cgi/content/full/pediatrics;126/3/597>

Concussion Policy Agreement

I, _____ have read the Taunton Catholic Middle School Concussion Policy and agree to abide by its contents.

Signature

Date