

## Concussion Management Policy

The purpose of this policy is to safeguard student athletes by (1) educating student athletes, school personnel and parents/guardians about concussions, (2) requiring that a student athlete be removed from play when a concussion is suspected and requiring a licensed health care professional to provide clearance for the student athlete to return to play or practice, and (3) implementing the concussion management requirements specified by the State of Illinois. (Public Act 099-0245)

This policy applies to athletic play occurring in sports programs provided by St. Paul Catholic School regardless whether the sports program is intramural, interscholastic, afterschool or provided during the summer (e.g. summer sports camp).

### Concussion Signs and Symptoms

A concussion is a traumatic brain injury that interferes with normal brain function. A student athlete does not have to lose consciousness to have suffered a concussion. Signs and symptoms of a concussion include the following

#### Signs Observed by Others

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

#### Symptoms Reported by Athlete

Headache or "pressure in head"  
Nausea  
Balance problems or dizziness  
Sensitivity to light or noise  
Double or fuzzy vision  
Feeling sluggish or slowed down  
Feeling foggy or groggy  
Does not "feel right"  
Concentration or memory problems  
Confusion

### Removal and Return to Play

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game or practice and shall not return to play until cleared in writing by a licensed health care professional. If a health care professional is not immediately available at the athletic event or practice and an injured student athlete has any of the described signs, symptoms or behaviors of a concussion, s/he shall be promptly taken to a facility for appropriate medical evaluation and care.

A player must be removed from an athletics practice or competition immediately if one of the following persons believes the player might have sustained a concussion during the practice or competition:

- a coach
- a physician
- a game official
- an athletic trainer
- the student's parent or guardian or another person with legal authority to make medical decisions for the student
- the student or
- any other person deemed appropriate under the school's return-to-play protocol.

A student removed from an athletics practice or competition may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- the student has been evaluated by a treating physician (chosen by the student or the student's parent or guardian) or an athletic trainer working under the supervision of a physician
- the student has successfully completed each requirement of the "return-to-play" and "return to learn" protocols established for the student to return to play
- the treating physician or athletic trainer working under the supervision of a physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play and return to learn; and
- the student and the student's parent or guardian have acknowledged that the student has completed the requirements of the "return-to-play" and "return-to-learn" protocols necessary for the student to return to play; have provided the treating physician's or athletic trainer's written statement and have signed a consent form indicating that the person signing has been informed and consents to the student participating in returning to play in accordance with the "return-to-play" and "return-to-learn" protocols and understands the risks associated with the student returning to play and returning to learn and will comply with any ongoing requirements in the "return-to-play" and "return-tolearn" protocols. A sample acknowledgement is found in the link below:

[http://www.ihsa.org/documents/forms/current/Postconcussion%20Consent%20Form%20\(RPT-RTL\).pdf](http://www.ihsa.org/documents/forms/current/Postconcussion%20Consent%20Form%20(RPT-RTL).pdf)

- A coach of an athletics team may not authorize a student's return to play or return to learn.

### **Licensed Health Care Professional**

For purposes of this policy, licensed health care professional means physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

### **Concussion Policy/Fact Sheet**

Information on the school's concussion and head injury policy are included in the Wellness Policy and a copy is available onsite for review. All student athletes and parents must sign the Concussion Information Sheet before practice or competition.

The parent/guardian of each student athlete and the student athlete shall receive annually a concussion information sheet and they shall submit written verification(s) that they have read the information. A student athlete may not participate in practice or competition prior to the school's receipt of this written verification.

Educational materials provided by the Illinois High School Association, and Illinois Elementary School Association to educate coaches, student-athletes, and parents/guardians of student-athletes about the nature and risk of concussions and head injuries, including continuing play after a concussion or head injury may be found at:

[https://www.cdc.gov/headsup/pdfs/schools/tbi\\_returning\\_to\\_school-a.pdf](https://www.cdc.gov/headsup/pdfs/schools/tbi_returning_to_school-a.pdf)

<http://www.ihsa.org/Resources/SportsMedicine/ConcussionManagement/ConcussionResources.aspx>

<https://www.iesa.org/activities/concussion.asp>

**Coaches Training**

Coaches and licensed officials will need to complete a training program on concussions. Coaches, nurses, and game officials must provide the school with proof of successful completion of the training. Training must be completed every two years.

**Return to Learn and Return to Play**

If an athlete sustains a concussion or exhibits the signs, symptoms, or behavior of the injury, that athlete must be removed from all athletic activity. That athlete may not return to any practice or game activity until he/she is evaluated by a licensed health care professional trained in the evaluation and management of concussion.

Upon return to school, medical documentation must be provided for academic accommodations. Please see the "Concussion Return to Learn" form to be completed and returned by a licensed health care professional.

The athlete and his/her parent/guardian must provide written clearance from that provider prior to the athlete being allowed to resume physical activity. The school's athletic director will keep evidence of all written clearance forms on file for a period no shorter than seven (7) years.