

Mount Carmel High School Concussion Protocol

Prevention/Education

- There is no equipment or activity that can completely prevent concussion. There is no evidence to support that mouth guards can prevent concussions.
- All student athletes have to sign and return the IHSA concussion information sheet. This form acts as proof of education to the parent and athlete.
- When an athlete has been diagnosed with a concussion, they may not be permitted to return to participation unless they have been cleared by a physician licensed to practice in all of its branches, or an athletic trainer working in conjunction with a physician licensed to practice in all of its branches, (the physician signs the clearance sheet agreeing with the treatment plan)
- All coaches will be required by law to participate in a certification course on concussion management which will be provided by the IHSA.

Baseline Testing

- Mount Carmel utilizes ImPACT testing as a baseline for all athletes prior to their season beginning. The test is performed every two years (once as a freshman, and once as a Junior). When a concussion has been suspected the athlete will re-take the ImPACT test and then have results compared to their baseline.

Evaluation

- Upon initial evaluation, the athletic trainers will rule out all serious head and spinal injury through clearing sensation, motor movement, and evaluating ABC's. Vital signs will be monitored to evaluate for more serious head injury
- SCAT3 tests will be utilized for the evaluation of a concussion. ImPACT will be used to determine progress of the athlete as well as evaluation.
- Sideline assessment cards will be used in game situations for quick evaluations to determine if a full evaluation is needed.
- Evaluation Procedure for concussion listed below
 - Athlete suspected of concussion is removed from play for evaluation.
 - Initial evaluation should rule out all serious head and spinal injuries.
 - Athlete is examined using SCAT3, ImPACT, or other appropriate evaluation tool
 - If the athletic trainer (Doug, or Kody) does not suspect a concussion, the athlete will be functionally tested before return to play.
 - If a concussion is suspected, the athlete is removed from play until evaluated by a physician.
 - Coach is notified of player status due to injury.
 - Physician concussion note is reviewed and sent home with the athlete.
 - RTP protocol is reviewed with athlete.

- Parents/guardians are contacted to inform of injury, review concussion information, physician concussion note, RTP protocol, and next actions.

Injury Communication

- **ATHLETE:** The athletic trainer will explain the injury, review the physician letter to be sent home, review RTP protocol, advise on academic considerations that may need to be made, and inform that the school nurse will be aware of their injury.
- **PARENT/GUARDIAN:** The parents/guardian will be contacted the day of the injury. The AT will explain the injury, review the physician letter that was sent home, explain proper care instructions, review RTP protocol, inform them that the school nurse will be notified for academic considerations.
- **PHYSICIAN:** The physician concussion letter will be filled out by the AT, sent with the athlete and returned to confirm treatment plan.
- **SCHOOL NURSE:** The school nurse will be notified of all concussions on the day they occur.

Academic Return

- Continuing schoolwork that results in an increase in symptoms may delay the length of recovery for the athlete.
- If an athlete is having trouble with schoolwork post concussion, a meeting between the school nurse, counselor, and teacher will be arranged to lay out a plan for that specific athlete and the schoolwork that needs to be completed or delayed.
- Return to Learn protocol may include 1) No school when complete cognitive rest is needed; 2) Part-time attendance with accommodations when limited cognitive activity can be completed; 3) Full-school attendance with accommodations; and 4) Full-school without accommodations when symptoms are no longer present.
- Accommodations may include no physical activity, no tests, quizzes, or homework, no screen time, half-time attendance at school or class, reduction of noise, light, chunking of assignments, tests, quizzes, extended time, reduction of homework, test/quiz limitations per day.

Referral to Physician

- Based on Illinois State Law, any athlete who is suspected of having a concussion must be evaluated by a physician before returning to any activity or beginning BRAIN-G
- The athlete will be sent home with a physician note that must be signed showing agreement to the treatment outlined on the form.

Post Injury Testing

- The ImPACT test will be administered post concussion in order to note progress and severity. ImPACT tests cannot be done more than two times per week and will have a minimum of 48 hours between each test.

Return to Participation (RTP)

- Per Illinois State Law, athletes may return to participation only after being cleared by a physician licensed to practice medicine in all of its branches, **or an athletic trainer working in conjunction with** a physician licensed to practice medicine in all of its branches.
 - Working in conjunction with is defined as: There is a signed letter from a physician agreeing with a specific plan of care that outlines:
 - Specific diagnosis
 - Preferred method of graduated return to participation
 - If an Athletico concussion physician letter is signed by a licensed physician, and the MD agrees with the plan of care, this acts as “Direct Supervision”
- No athlete should return to participation the same day as a concussive event.
- Athletes shall return to participation utilizing the B.R.A.I.N.-G principle. This principle is attached to this document.
- Athlete cannot RTP or begin BRAIN-G until a signed physician concussion letter is returned stating the treatment plan
- Return to play procedures
 - The athlete should report after school to have symptoms checked on daily symptoms checklist.
 - Once symptom free, the athlete will begin BRAIN-G. The physician letter must be filled out and returned before the athlete can begin BRAIN-G, even if symptom free
 - Once the athlete has successfully completed BRAIN-G, full unrestricted activity status should be reported to the coach, parent, and nurse.
- It is recommended that the athlete have a full academic workload before being released back to full athletic participation.
- Progress throughout the concussion will be documented on the concussion progress sheet.

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PHYSICAL THERAPY

Below is the B.R.A.I.N.-G. Graduated Return to Play (RTP) protocol that you must successfully accomplish before returning from a concussion. You must successfully complete this program before returning to any competitions. The first stage (B) will not start until you have been asymptomatic for 24 hours continuously, and not taking any pain medications. Each step should be separated by a minimum of 24 hours. Return to game play must be consistent and in line with school/organization protocol, respective state law, and physician's order.

		Functional Exercise at each stage of RTP	Success goal of each stage
No Activity		Relative physical and cognitive rest	Recovery (Symptom free at rest for 24 continuous hours)
B	Light Aerobic Exercise	Stationary cycling keeping heart rate <70% maximum predicted heart rate. No resistance training	Increase heart rate without the onset of symptoms.
R	Heavier Aerobic exercise	Running >70% maximum predicted heart rate. Still no resistance training	Increase heart rate without the onset of symptoms.
A	Sport specific exercise	Resistance training may commence. Agility drills. Sports specific drills. (No heading) Drills with a rotation component	Add more advanced movements without the onset of symptoms
I	Non-contact training drills	Progression to more complex training drills in a non-contact environment. Plyometrics, aggressive strengthening	Exercise, coordination, and cognitive load without symptoms
N	Full contact practice	Following medical clearance, participate in normal training and practice activities	Restore confidence and assess functional skills by coaching staff. Complete without symptoms
G	Return to game play	Normal Game Play	

For more information on concussion, please visit Athletico's concussion website at www.athletico.com/concussion.