

Concussion Protocol & Management

A concussion is defined as a traumatic brain injury that interferes with normal brain function. In compliance with the *Youth Sports Concussion Safety Act* (Public Act 099-0245), any student enrolled at Saint Viator who suffers a concussion or head injury will comply with the protocols, policies and bylaws before being allowed to participate in any athletic activity, including practices or competition set forth by the Illinois High School Association (IHSA).

General Guidelines

- Saint Viator will use the educational materials provided by the Illinois High School Association (IHSA) 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.
- Saint Viator will form a Concussion Oversight Team (COT). The primary function of the COT will be to develop and oversee the return-to-play and return-to-learn protocols. The protocols will be developed based on scientific evidence consistent with the guidelines from the Centers of Disease Control and Prevention. The team shall be composed of/ but not limited to: the Principal/Assistant Principal, the Athletic Director, the Athletic Trainers, the student's Counselor and the Dean of Students.
- The Athletic Director is responsible for implementing and complying with the return-to-play protocols. The student's Counselor in consultation with the Principal/Assistant Principal is responsible for implementing and complying with the return-to-learn protocols.
- No later than September 1st of each school year, all interscholastic coaches and licensed officials will need to complete a concussion training program of at least two hours. Coaches, athletic trainers, and game officials must provide Saint Viator with proof of successful completion of the training. Training must be completed every two years. Head coaches and assistant coaches must complete the required training as well as members of Saint Viator's Concussion Oversight Team (COT).
- In addition, all Saint Viator coaching personnel will be required to complete the IHSA online concussion awareness training and all student-athletes will be required to view the IHSA video about concussions.
- In compliance with the law, Saint Viator has also developed an emergency action plan to address interscholastic athletic activities regarding serious injuries and acute medical conditions as a result of concussion or head injury. The emergency action plan will be periodically reviewed by the Concussion Oversight Team (COT).

- To participate in an interscholastic athletic activity at Saint Viator, the student and the student's parent/guardian must sign an IHSA-approved consent form that includes concussion information.
- A student who was removed from practice or competition because of a suspected concussion will be allowed to return only after all statutory prerequisites are completed, including Saint Viator's return-to-play and return-to-learn protocols.
- The return-to-learn protocols set forth by the Concussion Oversight Team shall apply to all students who suffer a concussion whether it is at a school-sponsored activity or outside of school.

Removal of a Student from Interscholastic Athletic Practice or Competition

- A student must be removed from an interscholastic athletic practice or competition when any one of the following individuals believes the student may have sustained a concussion: coach, game official, athletic trainer, student's parent/guardian, student or any other person deemed appropriate under Saint Viator's return-to-play protocol.
- Saint Viator coaches are prohibited from authorizing a student to return to play after a concussion.
- Upon removal from the athletic practice or competition, Saint Viator's approved health care professional (such as an athletic trainer) on the scene will determine if further medical attention is needed such as transport to a hospital. The parent/guardian will be contacted if not present at the practice/competition and information regarding the accident/injury will be provided. The coach/athletic trainer present will complete an accident report as soon as possible and provide it to the Dean of Students who maintains the medical records. The Dean of Students will then copy this report and provide it to the student's Counselor, the President and all members of the Concussion Oversight Team.

Return to Play Protocols—determines when a student may return to practice or competition after a concussion.

- All students who participate in interscholastic athletic activities at Saint Viator will undergo concussion testing before their athletic season begins (Impact Test) to provide a baseline. This baseline will be utilized to assist in the proper evaluation and monitoring of symptoms if a concussion would occur. (These sports include but are not limited to: Football, Soccer, Hockey, Basketball, Cheer, Softball, Baseball, Water Polo, Tennis, Volleyball Wrestling & Lacrosse).

- Upon report of a possible concussion, the Saint Viator athletic trainer(s) or the student’s medical doctor (either an MD-Doctor of Medicine or a DO-Doctor of Osteopathic Medicine) will provide documentation of needed accommodations on behalf of the injured student.
- A student-athlete who has experienced a concussion needs to focus on healing and resting their brain. They may not attend any co-curricular activities/sports. They are not to be present at games or practices until the start of exertional testing.
- Once medical clearance is given, a student-athlete may then begin the return to play process:
 - 1. Post-injury Impact test that meets the baseline
 - 2. Once symptom free begin exertional testing to make sure that symptoms do not reoccur with a return to activity. This is a 5-step process where each step takes one (1) day.
 - 3. The trainer follows the 5th International Consensus on Concussion in Sport:

Stage	Aim	Activity	Goal of each step
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, eg, passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

McCory, P., et al (2017). Consensus statement on concussion in sport—the 5th International conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*. Published online first: April 26, 2017.

- A student-athlete may return to practice and competition once the Athletic Trainer, in review with the Athletic Director, clears the student based upon receipt of a Doctor’s note and the completion of the return to play protocol. This information is provided to the student’s Counselor, in possible consultation with the Principal/Assistant Principal, to supplement and potentially complete return to learn protocols.

- The student's parent/guardian must sign the IHSA's "Post-concussion Consent Form." as well as Saint Viator's Concussion Return to Participation (RTP) Policy.

Return-to-Learn Protocols-determine when a student may return to the classroom after a concussion.

- Students with a concussion have increased concentration and memory problems. They are not able to learn as quickly or effectively as before the concussion.
- The student's Counselor, working in consultation with the Principal/Assistant Principal, will use the medical information provided by Saint Viator's athletic Trainers along with the student's medical doctor to determine protocols for return-to-learn.
- The student's Counselor, in consultation with the Principal/Assistant Principal, shall determine when the student has been released from the diagnosis to return to normal academic activities.
- Following the guidelines set forth by the Institute for Sports Medicine at Lurie's Children's Hospital, the student's Counselor will work with the student's instructors to create a return- to- learn framework that is responsive to their student's symptoms and recovery. Such academic accommodations may be put in place based on medical recommendations and may include: testing, homework, note taking, iPad use, band/chorus and physical education participation. In addition, attendance accommodations may be enacted based on medical needs of the student.
- The student's Counselor will inform the student's instructors and work with them to assure the appropriate accommodations are provided.
- Students are expected to make-up all work/tests in a timely fashion once the student is released from the diagnosis by the Principal.
- The student's parent/guardian must sign the IHSA's "Post-concussion Consent Form."

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