

## **Cathedral High School Concussion Management Policy**

The recognition and treatment of athletes who have suffered a concussion has become a national priority. An increasing number of studies have revealed that concussions, if not treated properly, can significantly delay recovery and in a limited number of cases result in permanent mental difficulties. These findings have led to mandates by the National Federation of High Schools (NFHS), NCAA, and the NFL. The NFHS mandated rule states “ Any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game or practice and shall not return to play until cleared by an appropriate health care professional”. Indiana state law (IC 20-34-7) enforces the NFHS mandate and includes other provisions. A major provision of the law is that the athlete and the athlete’s parent must sign a consent form stating that they have been educated and they understand the significance of concussion management.

Recovery from a concussion requires limitation of physical activity that includes practice, drills, games and physical education classes. In significantly symptomatic athletes, mental activity should also be limited to allow the brain to heal. This often requires limiting assignments, allowing greater time to complete quizzes and tests and less homework. Activities such as watching TV, texting, playing video games and surfing the internet should also be limited. These activities make the brain work harder to process information and can increase symptoms and recovery time. The athlete may also have to stay home from school. Cathedral’s faculty and counseling staff will work together to identify what the student can do without increasing symptoms and delaying recovery.

The most current evidence-based steps to ensure a safe return to activity include the following:

- **The student-athlete must be evaluated by a physician trained in the treatment and management of sports-related concussions.**
- **The student athlete must be symptom-free at rest, including going through normal school days without symptoms.**
- **Normal neurological examination administered in the office of a physician trained in sports concussion management.**
- **Post-injury neurocognitive test (ImPACT) results have returned to baseline levels**
- **The student athlete must be symptom-free with a supervised gradual activity progression. The progression will be directly supervised by a Cathedral High School Certified Athletic Trainer.**
- **The student athlete must receive written clearance from a physician trained in sports concussion management which includes use of neurocognitive testing.**

Utilizing the above standards, as well as experience and judgment, the physician will be able to determine when the student athlete has completely recovered from the concussion.

The Cathedral High School administration, coaches and medical staff are striving to keep your child’s health and safety at the forefront of the student athletic experience. If you have questions regarding concussion management, please feel free to contact Mike Hunker at (317)968-7361.

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