

## Clover High School Concussion Management Plan

Clover High School is committed to the prevention, identification, evaluation and management of concussions. Per recent concussion recommendations and state legislation, CHS Athletic Training has developed a plan so any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletics healthcare provider with experience in the evaluation and management of concussions. Those student-athletes diagnosed with a concussion shall not return to activity until medical clearance has been given and a return to play protocol completed.

### What is a Concussion?

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can also result from hitting a hard surface as the ground, ice or floor, from players colliding with each other or being hit by a piece of equipment such as a bat or ball.

### Signs and Symptoms

#### Observed by Coaching Staff

Appears dazed or stunned  
Confused about assignment or position  
Forgets plays  
Unsure of game, score or opponent  
Moves clumsily  
Answers questions slowly  
May lose consciousness (even briefly)  
Show behavior or personality changes  
Can't recall events before hit or fall  
Can't recall events after hit or fall

#### Reported by Student Athlete

Headache or “pressure” in head  
Nausea and vomiting  
Balance problems or dizziness  
Double or blurry vision  
Sensitivity to light  
Sensitivity to noise  
Feeling sluggish, hazy, foggy or groggy  
Concentration or memory problems  
Confusion  
Does not “feel right”

### EDUCATION & ACKNOWLEDGEMENT

- The NCAA Concussion Fact Sheet information has been included as a part of this concussion information packet. Before being allowed to participate in any sport, all CHS student-athletes and their parents must read this document and sign the concussion awareness statement acknowledging that they have read and understand the information and their responsibility to report their injury and illnesses to a staff certified athletic trainer, including signs and symptoms of a concussion.
- Students involved in contact sports specifically football, lacrosse, wrestling, soccer, and also volleyball, cheerleading, basketball, baseball, and softball will be required to complete a baseline ImPACT test with one of the staff certified athletic trainers before their season begins. One of the staff certified athletic trainers will also come and talk with the teams about concussions and answer any questions before the season starts.

- All staff certified athletic trainers and coaches will be required to comply with the concussion policy that is in place, as well as complete the CDC Concussion Course in accordance with SCHSL rules.

## **EVALUATION**

- High school athletes participating in contact and collision sports (football, volleyball, cheerleading, wrestling, lacrosse, basketball, baseball, softball, soccer) will be provided the opportunity to undergo ImPACT baseline testing.
- Any athlete experiencing symptoms should report to the athletic training staff as soon as possible.
- Any athlete exhibiting signs, symptoms, or behaviors consistent with concussion shall be removed from athletic activities by an athletic trainer (or coach in the absence of the athletic trainer) and evaluated by a staff athletic trainer as soon as possible.
- A SCAT5 assessment will be performed by a staff athletic trainer as soon possible after the time of injury for all athletes exhibiting signs, symptoms, or behaviors consistent with concussion.
- All athletes should be evaluated by a physician of the parent's choice trained in concussion management.
- A concussed athlete should regularly report to the athletic training room for assessment of symptoms (ideally each school day). The "Symptom Evaluation" portion of the SCAT5 document will be used to assess existence and severity of symptoms.
- ImPACT post-injury testing will be conducted.

## **RETURN TO PLAY CRITERIA:**

- No concussed athlete will return to play on the same day the injury occurred.
- No athlete will participate while symptomatic.
- Once a concussed athlete is asymptomatic the athlete will complete a stepwise exertional testing over several days as described in the Zurich Consensus Statement. Upon successful completion of the stepwise program and physician clearance, the athlete may return to play. Impact post-injury test results will be considered by the treating physician and staff athletic trainers in making the RTP decisions.

## **ACADEMIC CONSIDERATIONS**

- Teachers of a concussed athlete (as well as administrators, athletic director, school nurse, and guidance) will be informed of his/her injury and provided with the CDC Concussion Fact Sheet for Teachers. Classroom modifications will be made as appropriate.
- Recommendations by the treating physician for academic modifications will be followed by the classroom teachers of the concussed student.

## **Management of student athletes suspected of having concussion / brain injury**

Any student-athlete experiencing symptoms should report to a staff certified athletic trainer, or coach in absence of the staff athletic trainer) as soon as possible. Any athlete exhibiting signs, symptoms, or behaviors consistent with a concussion shall be removed from athletic activities by a certified athletic trainer (or coach in the absence of the certified athletic trainer) and evaluated by a medical staff member as soon as possible.

Pursuant to South Carolina state law as follows, a student athlete who has been removed from play may return to play if, as a result of evaluating the student athlete on site, the athletic trainer, physician, physician assistant pursuant to scope of practice guidelines or nurse practitioner pursuant to a written protocol determines in his best professional judgment that the student athlete does not have any signs or symptoms of a concussion or brain injury.

- Doctor of Medicine (MD)
- Doctor of Osteopathic Medicine (DO)
- Nurse Practitioner (FNP-C)
- Physician's Assistant (PA)
- Certified Athletic Trainer (ATC and/or SCAT)

Anyone not fitting one of the above descriptions is not qualified to determine the status of the concussed student/athlete.

No student-athlete will return to play the same day they sustain a concussion or present with ANY concussion symptoms, until cleared by the appropriate medical professionals.

When a student-athlete sustains a concussion, the following people will be notified and will receive instructions on how to take care of that student-athlete:

- Parents
- Head Coach
- Student-Athlete's teachers (may have trouble in class)

When a student-athlete sustains a concussion, his/her parent will be contacted as soon as possible and both parent and student-athlete will be further educated in concussion management. The "Athlete Information" portion of the SCAT5 will be provided to the parent/student-athlete.

When a student-athlete sustains a concussion, they will be required to complete a SCAT3 with the certified athletic trainer as soon as possible. Each athlete with a possible concussion will be required to see a doctor to rule out any underlying problems.

After the first evaluation and SCAT5 by the certified athletic trainer, and being seen by a physician, the student-athlete will be required to report to the certified athletic trainer daily to do a symptom check (first portion of SCAT5). The SCAT5 (assessments other than symptom check) will be performed at the following intervals until they are completely asymptomatic and score at least 90%:

- Within 24 hours of injury
- 72 hours post-injury and every other day after until asymptomatic and score of at least 90% on SCAT5
- ImPACT post-injury testing conducted once asymptomatic; possibly before if still symptomatic

Graduated Return to Play Protocol for the Concussed Athlete The student-athlete will begin the graduated return to play protocol when cleared by the physician, asymptomatic (no symptoms present), and passes the SCAT5 or ImPACT as determined by the athletic trainer.

- **Day One:** Low levels of physical activity. This includes walking, light jogging, light stationary biking, and light weightlifting (low weight – moderate reps, no bench, no squats).
- **Day Two:** Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weightlifting (reduce time and reduced weight from typical routine).
- **Day Three:** Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility – with 3 planes of movement.)
- **Day Four:** Sport Specific Practice
- **Day Five:** Full contact in a controlled drill or practice.
- **Day six:** Return to competition

If the student-athlete becomes symptomatic during any stage of the return to play protocol, they will return to day one at least 24 hours after, until completely asymptomatic.

**Pursuant to South Carolina state law, a student athlete that has been removed from play and evaluated and is suspected of having a concussion or brain injury may not return to play until the student athlete has received written medical clearance by a physician (MD or DO.)**

For additional information on concussion you may visit the following websites:

[www.cdc.gov/concussion/HeadsUp/youth.html](http://www.cdc.gov/concussion/HeadsUp/youth.html)

[www.biausa.org/SC/index.htm](http://www.biausa.org/SC/index.htm)

[www.nfhs.org/](http://www.nfhs.org/)

[www.NCAA.org/health-safety](http://www.NCAA.org/health-safety)

Please contact the Clover High School Athletic Training staff for further information.

Kimberly S. Bressler, MAEd, SCAT, ATC  
 Certified Athletic Trainer  
 CHS Athletic Training Room: 803-810-8181  
[kim.bressler@clover.k12.sc.us](mailto:kim.bressler@clover.k12.sc.us)

Matthew L. Bressler, MS, SCAT, ATC  
 Certified Athletic Trainer  
 CHS Athletic Training Room: 803-810-8181  
[matthew.bressler@clover.k12.sc.us](mailto:matthew.bressler@clover.k12.sc.us)

Justin Cheek, SCAT, ATC  
 Certified Athletic Trainer  
 CHS Athletic Training Room:803-810-8181  
[Justin.cheek@clover.k12.sc.us](mailto:Justin.cheek@clover.k12.sc.us)

Katherine Kiser, LAT, SCAT, ATC  
 Certified Athletic Trainer  
 CHS Athletic Training Room:803-810-8181  
[katherine.kiser@clover.k12.sc.us](mailto:katherine.kiser@clover.k12.sc.us)



# CONCUSSION SAFETY

WHAT STUDENT-ATHLETES  
NEED TO KNOW

## What is a concussion?

A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to a change in brain function. It is not typically accompanied by loss of consciousness.

### How can I keep myself safe?

#### 1. Know the symptoms.

*You may experience ...*

- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or foggy
- Confusion, concentration or memory problems

#### 2. Speak up.

- If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

#### 3. Take time to recover.

- Follow your team physician and athletic trainer's directions during concussion recovery. If left unmanaged, there may be serious consequences.
- Once you've recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

### How can I be a good teammate?

#### 1. Know the symptoms.

*You may notice that a teammate ...*

- Appears dazed or stunned
- Forgets an instruction
- Is confused about an assignment or position
- Is unsure of the game, score or opponent
- Appears less coordinated
- Answers questions slowly
- Loses consciousness

#### 2. Encourage teammates to be safe.

- If you think one of your teammates has a concussion, tell your coach, athletic trainer or team physician immediately.
- Help create a culture of safety by encouraging your teammates to report any concussion symptoms.

#### 3. Support your injured teammates.

- If one of your teammates has a concussion, let him or her know you and the team support playing it safe and following medical advice during recovery.
- Being unable to practice or join team activities can be isolating. Make sure your teammates know they're not alone.

*No two concussions are the same. New symptoms can appear hours or days after the initial impact. If you are unsure if you have a concussion, talk to your athletic trainer or team physician immediately.*

### What happens if I get a concussion and keep practicing or competing?

- Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
- In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.
- Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
- Athletes with concussion have reduced concentration and slowed reaction time. This means that you won't be performing at your best.
- Athletes who delay reporting concussion take longer to recover fully.

### What are the long-term effects of a concussion?

- We don't fully understand the long-term effects of a concussion, but ongoing studies raise concerns.
- Athletes who have had multiple concussions *may* have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.

### What do I need to know about repetitive head impacts?

- Repetitive head impacts mean that an individual has been exposed to repeated impact forces to the head. These forces may or may not meet the threshold of a concussion.
- Research is ongoing but emerging data suggest that repetitive head impact also may be harmful and place a student-athlete at an increased risk of neurological complications later in life.

### Did you know?

- NCAA rules require that team physicians and athletic trainers manage your concussion and injury recovery independent of coaching staff, or other non-medical, influence.
- We're learning more about concussion every day. To find out more about the largest concussion study ever conducted, which is being led by the NCAA and U.S. Department of Defense, visit [ncaa.org/concussion](http://ncaa.org/concussion).

## CONCUSSION TIMELINE



### Baseline Testing

Balance, cognitive and neurological tests that help medical staff manage and diagnose a concussion.



### Concussion

If you show signs of a concussion, NCAA rules require that you be removed from play and medically evaluated.



### Recovery

Your school has a concussion management plan, and team physicians and athletic trainers are required to follow that plan during your recovery.



### Return to Learn

Return to school should be done in a step-by-step progression in which adjustments are made as needed to manage your symptoms.



### Return to Play

Return to play only happens after you have returned to your preconcussion baseline and you've gone through a step-by-step progression of increasing activity.

For more information, visit [ncaa.org/concussion](http://ncaa.org/concussion).

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