

Our Lady of Lourdes High School Athletic Training Head Injury & Concussion Return To Play Protocol

In recent years, the results from sports related head traumas have received nationwide attention. The Our Lady of Lourdes High School athletic staff will be proactive and diligent when an athlete suffers from head trauma during practice or a game. If a concussion is suspected, the certified athletic trainers and coaches will take all necessary precautions to ensure the safety of the student. Our Lady of Lourdes's concussion policy will reflect the guidelines set forth by the New York State Concussion Management and Awareness Act, specifically Chapter 496 of the Laws of 2011, the New York State Public High School Athletic Association, the National Athletic Trainers Association, and the 2012 Zurich Consensus Statement on Concussion in Sport, that may be suspect to change based on future research. Athletes and parents are asked to be supportive and understanding during the process of returning to play. The Our Lady of Lourdes district physician may be consulted to provide medical clearance if there is disagreement between the athletic department and the athlete's parent/guardian regarding return to play issues involving head injuries.

On Field Evaluation

When a certified athletic trainer (ATC) is present and on field evaluation will be conducted. The ATC will assess their current symptoms as well as any neurological abnormalities. If there are any positive signs and symptoms of a concussion, the athlete will not be allowed to continue practice or play in the game. The ATC will make a decision whether or not it is necessary to refer a student athlete to their primary care physician or the hospital.

In the event that an ATC is not present, an assessment of signs and symptoms should be noted and recorded by an Our Lady of Lourdes coach. If there are any positive signs and symptoms, the athlete will not be allowed to continue practice or play in the game. The athlete's status should be monitored every five (5) minutes, until the athlete's condition stabilizes and/or improves. The parents of the student athlete should be contacted during this time. If the athletes exhibit signs of neurological and/or physical deterioration, he/she should seek immediate medical attention. The student athlete should follow up with the Our Lady of Lourdes ATC the following school day after 1:00pm.

Follow-up Evaluation

If a concussion is suspected by the ATC the student athlete must be referred for further medical attention. The *Concussion Checklist & Physician Evaluation Form* should be filled out by the appropriate Our Lady of Lourdes personnel and sent with the student athlete for their physician evaluation. A follow up evaluation with the Our Lady of Lourdes ATC should occur the following day that the student athlete is in school. At this time, the athlete will be re-evaluated for current signs and symptoms. The athlete is to report current signs and symptoms **EVERYDAY** following a concussion.

The student athlete will rest until symptom free. When the student athlete is completely symptom free and has returned the completed and signed Physician Evaluation form, they will then be allowed to begin the Our Lady of Lourdes High School Return to Play Protocol. Once your child completes these days their information will be sent to our School Physician who will clear them fully for game play. Please note that it may take more than a day for the Physician to clear your child. We ask you to be patient and remember that we do our best to make sure that it is safe for your child to return in the timeliest manner.

Return to Play (RTP) Protocol

The Our Lady of Lourdes High School Policy will hold an athlete out of competition a *minimum* of five (5) days following a concussion once the student is symptom free. The athlete must also complete each day of the Return to Play (RTP) Protocol. If at any time the athlete begins to have symptoms during the RTP, the student will rest then repeat that same step the following day if asymptomatic.

- Day 1: Low impact, non strenuous, light aerobic activity.
- Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.
- Day 3: Sport specific non-contact activity. Low resistance weight training. (ImPact Re-test)
- Day 4: Sport specific activity, non-contact drills. Higher resistance weight training.
- Day 5: Full contact participation in practice, training drills and intense aerobic activity.
- Day 6: Return to full activities with clearance from Our Lady of Lourdes School Physician