

Geneva High School Concussion Policy

Geneva High School is committed to ensuring the health and safety of our students. The following concussion policy utilizes the latest in medical research to prevent and treat head injuries. It is in compliance with IHSA policy and with State of Illinois Law

ImPACT Concussion Management Program

Geneva High School uses the ImPACT Concussion Management Program. ImPACT is a state-of-the-art computer-based program developed to help clinicians evaluate recovery during a concussion. Our goal is to create a safer environment for our student-athletes through education, awareness, and clinical care.

Diagnosis & Return to Play

Athletes should complete the following step-by-step process prior to return to play following Concussion:

- Removal from contest following signs and symptoms of concussion.
- No return to play in current game or practice.
- Medical evaluation following injury. (ImPACT, 2010)

Criteria for return after a concussion/brain injury/head injury (must complete all of the steps):

1. Written clearance from a medical professional (as defined in concussion law). Geneva High School's Athletic Trainer has the final decision regarding return to play.
2. Completely asymptomatic – no symptoms at all.
3. Normal ImPACT testing.
4. Completed supervised graduated return to play protocol. Each step should take 24 hours.

*The steps must be completed without return of **any** symptoms. If any symptoms occur, the athlete returns to the previous asymptomatic step, after 24 hours has passed.*

1. No activity – complete rest until all symptoms subside
2. Light aerobic activity (no lifting) – less than 70% max heart rate
 - a. Examples include: walking
2. Sports Specific exercise – no activities that include head hitting
 - a. Examples include: skating, running drills for basketball or soccer.
3. Non-contact drills – more complex than step 3. May start lifting at this step
 - a. Examples: passing drills for football, shooting drills for soccer, basketball.
4. Full Contact Practice- must have a medical professional's clearance and a normal ImPACT test to progress to this step.
5. Return to game play. (ImPACT, 2010)

Documentation

All concussions sustained prior to each year must be reported by parents on the Medical History Form and will be documented by the Athletic Trainer.

A Parent's Guide to Concussion in Sports

National Federation of State High School Associations (NFHS)

What is a concussion?

- A concussion is a brain injury which results in a temporary disruption of normal brain function.
- A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness (“knocked-out”) to suffer a concussion. (NFHS, 2010)

Concussion Facts:

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but lacrosse, girl's soccer, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize. (NFHS, 2010)

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing. (NFHS, 2010)

Signs and Symptoms of a Concussion:

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES SYMPTOMS REPORTED BY ATHLETE

Appears dazed or stunned
Headache
Is confused about what to do
Nausea
Forgets plays
Balance problems or dizziness
Is unsure of game, score, or opponent
Double or fuzzy vision
Moves clumsily

Sensitivity to light or noise
Answers questions slowly
Feeling sluggish
Loses consciousness
Feeling foggy or groggy
Shows behavior or personality changes
Concentration or memory problems
Can't recall events prior to/after hit
Confusion
(NFHS, 2010)

Works Cited

"A Parent's Guide to Concussion in Sports." National Federation of State High School Associations. NFHS Sports Medicine Advisory Committee, April 2010.
<http://www.nfhs.org/search.aspx?searchtext=A Parent's Guide to Concussion in Sports>.

"Concussion Resource Center." ImPact Test. ImPACT Applications, Inc., 2010.
<http://impacttest.com/concussion/overview>.

Resources

"Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich, November 2008." Clinical Journal of Sport Medicine. 19.3 (2009): 185-200.
http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.

Halstead, Mark E., and Kevin D. Walter. "Sport-Related Concussion in Children and Adolescents." American Academy of Pediatrics. 126.3 (2010): 597-615.

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;126/3/597>.