



# TRINITY HIGH SCHOOL

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**2021-2022**

## **THS Concussion Assessment, Management, and Return to Play Guidelines**

Here at Trinity High School, our goal is to create a safe and enjoyable environment for all of our student athletes. In order to maintain the safety of all students participating in sports we have developed a concussion assessment, management and return to play guidelines. THS realizes with the growing research and the growing number of student athletes that concussions are being recognized and treated with a high standard of care by health professionals.

In order to follow concussion protocol it is important for students, parents, coaches, referees and medical staff to understand the definition of a concussion. A concussion is a traumatic brain injury which can alter the neurocognitive function of the brain. It is usually caused from a blow to the head, or from head contact with a hard surface. Symptoms of a concussion can be temporary or permanent depending on each individual case. Since there is no clear progression of the signs and symptoms it is important to understand that each case needs to be treated differently and can take any amount of time for healing and return to sports.

In order to assess and progress athletes through concussion experiences at THS we have put in place a concussion policy that is in agreeance with the THS community, as well as local and state laws, and the NHIAA, to ensure the safety of all students athletes.

### **Concussion and Head Injury Prevention**

Here at THS part of the concussion policies and procedures there are some prevention tools that are used and required in order for participation in contact and collision sports. Football, soccer, lacrosse, basketball and hockey all require proper fitting mouth guards. Football, hockey and lacrosse also require proper fitting helmets at all times, and softball and baseball requires helmets during batting, running, and for catchers during practices and games.

Also THS uses IMPACT test in order to create a baseline for neurocognitive function. The IMPACT test involves 10 modules that are designed to test many aspects of an individual's cognitive function, which tests reaction time, short term memory, and delayed memory. THS contact and collision athletes will be tested before the participation of the first match. They will be tested biannually in order for the information to remain current. This baseline will be used later on if an athlete is suspected of having a concussion.

### **Signs and Symptoms of Concussion**

If an athlete is participating in an event where a concussion is suspected it is a responsibility of the medical personnel (Athletic Trainer, Team Physician, EMT), coaches and referees to remove the athlete from ALL physical activity. All coaches and referees are trained in the recognition of concussions at THS through training, which is required by the NHIAA. Some signs and symptoms of a concussion may include, but are not limited to:

### Physical

Headache  
Fatigue  
Dizziness  
Photophobia  
Sensitivity to noise  
Nausea  
Balance problems  
LOC  
Vision difficulty

### Cognitive

Difficulty remembering  
Difficulty concentrating  
Feeling slowed down  
Feeling in a fog  
Slowed reaction times  
Altered attention  
Amnesia

### Emotional

Behavioral Changes  
Irritability  
Sadness  
Feeling emotional  
Nervousness  
Anxiety

### Sleep

Sleep more than usual  
Sleep less than usual  
Drowsiness  
Trouble falling asleep

## **Management**

If any athlete is suspected of a concussion they should be removed from all activity until cleared by medical personnel to return to play. Coaches and referees can also remove athletes from competition but under no circumstances can an athlete return to play without the clearance from an Athletic Trainer, Physician, neurologist or other certified medical personnel.

## **On Field / Sideline Evaluation**

A student suspected of a concussion should be removed from athletic participation and an evaluation by medical personal should take place. The athlete will NOT be allowed further participation on the day of the injury.

If medical personal is not available then athlete should be taken to nearest hospital or health care facility for evaluation. Also if athlete is experiencing neck pain or spine pain they are to be spine boarded, and EMS should be activated. If athletes' symptoms progress substantially, or if there is a loss of consciousness for more the 5 minutes EMS should be activated or if there is major cranial nerve involvement.

If athletes' signs and symptoms do not require EMS activation then the athlete should be taken to a quiet sideline for initial testing of cognitive function and neurological testing.

## **Treatment / Rehabilitation**

Any Athlete suspected of a concussion needs to inform the THS Athletic Trainer of the events that led to the concussion as well as the treatment that was given. From there the student athlete will start the return to play protocol under medical supervision. RTP protocol is a stepwise progression. The athlete should be completely symptom free. The athlete will progress through the levels if they remain asymptomatic both at rest and with provocative exercise. Should the athlete become symptomatic during the progression, they should stop and then after 24 hours re-try the previous step.

Level 1 – Light aerobic exercise = increase heart rate (walking, stationary bike, sit ups, etc.) 15 minutes

Level 2 – Sport specific exercises (ex: skating, running, cutting, jumping) 15-20 minutes

Level 3 – Non-contact drills (complex training drills, passing, catching, resistance training); Post-exertion ImPACT Test

Level 4 – Full non-contact practice (full medical clearance)

Level 5 – Full Contact Practice

Once the athlete has the appropriate medical clearance from physicians and athletic trainer and other medical personnel, and has passes the IMPACT test as well as progressed through the 5 levels of RTP protocol, they will be considered for medical clearance and will be able to participate in school sponsored sporting events.

Under particular circumstances an athlete may be told that it is unsafe to return to sports at THS, this may be for many reasons such as but not limited to; multiple concussions, risk of post secondary concussion syndrome, permanent neurological function.

In signing this I understand the concussion protocol at Trinity High School, as well as understand that in letting your child participate in sports there is a possibility sustaining a concussion.

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Athlete's signature

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Date

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Parent's signature

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Date