

# Fort Worth Christian School

## CONCUSSION MANAGEMENT POLICY

Fort Worth Christian School has established it's own concussion policy and management guidelines to help ensure the safety and well being of our students.

All personnel involved in the prevention, education, management and return to activity decisions for students, who sustain head injuries/concussion while participating in extracurricular athletic activities should adhere to this policy. This will help ensure that concussed student athletes are identified, referred appropriately, treated, and received appropriate support during the school day, including academic assistance. When fully recovered and medically cleared by a licensed physician, students may return to all activity.

This policy and procedure will be reviewed as needed. Review will be a collaborative effort to include the athletic director, certified athletic trainer or ATC, school nursing staff, a practicing physician, administrator, and representatives from teaching and guidance staff.

The School President assumes responsibility for compliance with this policy and procedures. The Athletic Director assumes responsibility for implementation of this policy and procedures.

## FWC CONCUSSION GUIDELINES

Use of this procedure is intended to minimize the effects of sports concussion injuries for student athletes at FWC. A comprehensive approach will be used involving education of athletes, parents, coaches, and school personnel, and the supervision and management of an injured student during a concussion and recovery period. Baseline neuropsychological testing of contact sport athletes, use of a formalized sideline assessment by the certified athletic trainer, follow-up neuropsychological testing of injured athletes, and medical referral and return to participation are included. Although every concussion is different, standardized guidelines for monitoring and management of concussion athletes is essential to implement the most comprehensive and inclusive interventions, monitor recovery, reduce complications, and reduce the risk of repeat brain injury of concussed athletes.

1. Definition: A concussion is a brain injury that 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 (be knocked out) to suffer a concussion.
2. A form known as the “Concussion Acknowledgement Form” will be offered to parents and high school student athletes at the beginning of the school year. This form should be signed by both the parent/guardian and student athlete to acknowledge they have read and understood what a concussion is and the risks associated with concussions in any sport.
3. The Athletic Director (AD), coaches, certified athletic trainers (ATC), and school nurses will complete a minimum of (1) hour of training on concussion education and recognition every year. This can be satisfied by attending a lecture, in-service, seminar, or completing a pre-approved online educational course. FWC staff will provide documentation of completion to the FWC athletic trainer for any or all courses attended.
4. All students who wish to participate in FWC athletics will provide the school with information regarding any history of concussions, head or spinal injuries. The student athlete and parent/guardian will need to disclose this information by completing and submitting a current “Pre-participation Form/**Medical History Form**”. This includes incidents of a head injury or concussion that occurred while NOT participating in an FWC athletic activity. (i.e. recreational or club sports)

5. “Pre-participation” medical/physical examination forms will be reviewed by a school nurse, the certified athletic trainer, and other medical personnel as deemed appropriate prior to athletic participation.
6. Student athletes from each contact sport should complete a baseline cognitive neuropsychological test (ImPACT Test) at least once every two years.
7. Any student athlete showing signs or symptoms of concussion may not return to play the same day. The student athlete will then need to be evaluated by the FWC athletic trainer over the next 72hrs to determine the extent of the head injury and will refrain from physical activity during that time.
8. Any athlete who has sustained an injury to the head/neck area that required full removal from physical activity may possibly return to sport after 72hrs without a required physician examination IF:
  - 1) No concussion symptoms are accessed or reported for two consecutive days after incident.
  - 2) Presents a normal cognitive test – ie SCAT3/ImPACT testing.
  - 3) No reported problems with full day school attendance or from teachers.
  - 4) Presents with a normal physical exam conducted by the athletic trainer.
9. Non-contact physical activity or sport drills may be granted by the athletic trainer at that time. Specific guidelines to follow for that athlete regarding “non-contact activity” will be communicated directly by the FWC athletic trainer to the appropriate head coach.
10. If initial symptoms do not fully resolve, athlete presents with apparent deficits in cognitive testing, and clinical exams are abnormal after the 72 hour “grace period”, FWC athletic trainer will recommend evaluation by a licensed medical provider such as an (MD, DO, PCP, PA-C, NCP) before resuming physical activity can be considered. \*Although choosing a licensed medical provider is at the discretion of the parent or legal guardian, it is recommended that the licensed medical provider evaluating a possible concussed athlete has completed training in concussion awareness and management. Once the student athlete has been officially evaluated by a licensed medical provider outside of FWC, that student athlete may not return until written clearance is obtained by the athletic department from that licensed medical provider.

11. The ATC or coach will communicate the nature of the injury directly to the parent/guardian in person or by phone immediately after the practice or competition from which a student has been removed. Once the evaluation is completed, the ATC will provide information regarding the injury to the parent/guardian in writing or by phone call by the end of the next business day.
12. The coach will need to alert the ATC of any removal of a student athlete within **24** hours of the incident. Once ATC has completed an examination, the AT will then notify appropriate personnel including, but not limited to, the AD, school nurse, coaches, teachers, guidance counselor, and principal.
13. Any participant who suffers a head injury with a loss of consciousness should be evacuated using EMS for immediate evaluation at a local hospital emergency department if the FWC athletic trainer deems appropriate. Less severe injuries may also be evacuated using EMS dependent upon sideline evaluation. Any athlete suspected of having concussion symptoms, either through sideline assessment, by later report from an athlete, coach, or parent, or by observation by the ATC will not be permitted to leave a venue without a responsible adult supervision.
14. The ATC will be trained to administer a formal sideline concussion assessment for use at practices and contests. Coaches will send any student athlete suspected of sustaining a concussion (whether it is incurred during sports or otherwise) to the ATC for assessment and will not return the athlete to play in practices or contests unless sideline assessment by the ATC clears him/her of a suspected concussion. If a concussion is suspected, a physician evaluation is required for clearance. If an ATC is not available at a practice or contest, coaches will need to hold out of play any student athlete suspected of having a concussion until he/she is evaluated by a licensed physician or ATC.
15. Any student athlete suspected of having a concussion should be evaluated by the ATC as soon as possible. Student athletes suspected of having a concussion should complete a Post ImPACT test within 48-72 hours after the initial incident. Post ImPACT test should be supervised by ATC or licensed medical provider trained in ImPACT administration.
16. FWC athletic department has formulated a Concussion Over-site Team or COT in compliance with Texas HB 2038. FWC's COT is composed of the FWC team physician, FWC certified athletic trainer (ATC), and staff from the Ben Hogan Concussion Center. The primary job of FWC's COT is to help ensure that student athletes with diagnosed concussions are managed according to Texas HB 2038.

FWC's COT may make return to play (RTP) recommendations to a concussed athlete's treating physician before full clearance for return to sport is granted and accepted by FWC athletic department.

17. A written copy of FWC's Concussion Management Policy can be provided to any parent/guardian at their request. The ATC will by email, notify the following personnel of a concussion injury: head coach, school nurse, principal, guidance counselor, and AD.
18. **Return to Physical Activity Criteria:** any student athlete diagnosed with a concussion by a licensed medical provider must provide to ATC a written/signed clearance by his or her treating physician stating that the athlete may return to physical activity. If the athlete is treated and cleared by a physician outside the Concussion Oversight Team or COT, the athlete must meet ALL of the following criteria before beginning return to play progressions. \*This is not the same as return to sport.
  - a. Student athlete must be completely symptom free for a minimum of 48 hours and present with a normal physical exam.
  - b. Student athlete must present with a normal ImPACT test score that is approved by the FWC COT.
  - c. Student athlete must be attending school on a full time basis without any modifications and is current on all assigned school work.
16. Once cleared, the student athlete will then begin a five stage return-to-play progression protocol. Once the progression protocol is successfully completed without any return of concussion symptoms, the student athlete may be released to return to sport without restrictions.
17. During the 5 stage progression protocol, the concussed athlete will report to the ATC regularly for follow-up review of any signs and symptoms.
18. Each student athlete who is diagnosed with a concussion by his or her physician may have an individualized graduated academic re-entry plan based on his/her clinical condition. This plan shall be developed using a team approach, including the school nurse, student's teachers, administrator, guidance counselor or other support staff.

18. Only the following licensed medical professionals may authorize a student diagnosed with a concussion to return to play: a) licensed physician. b) licensed physician assistant in consultation with licensed physician. c) licensed nurse practitioner in consultation with a licensed physician. d) neurophysiologist in coordination with the physician managing the student's recovery. E) nurse practitioner.
19. Once a student athlete has been cleared to return to regular sports participation, the ATC will notify the head coach, school nurse, principal, and AD by email.
20. Student athletes who show extended recovery periods will be considered for graduated exercise training as deemed appropriate by the physician managing the student athlete's recovery and the FWC COT.
21. The AD will be informed by the ATC, coaches, physician, PA-C, NCP, or neurophysiologist of any cases involving departure from above-listed guidelines.
22. All records will be maintained by the FWC athletic department.

## REFERENCES:

1. Center for Disease Control
2. Ben Hogan Concussion Center
3. Trinity Orthopedics
4. University Interscholastic League
5. Texas Association of Private and Parochial Schools

*Updated December 2015 -CK*