

Mattituck-Cutchogue UFSD

Athlete Concussion Management Protocol

Overview

The Mattituck Athletic Program recognizes that concussions and head injuries are a commonly reported injury in children and adolescents who participate in sports and recreational activity. Therefore, the district adopts the following guidelines to assist in the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussions occur when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in interscholastic athletic activity will be removed from the game or activity and be evaluated immediately and will not return to play that day. Mattituck-Cutchogue School District will notify the student's parents or guardians and recommend appropriate monitoring.

Concussion Management Team

The Mattituck-Cutchogue Union Free School District will assemble a concussion management team (CMT). The CMT will consist of the athletic director, school nurse, athletic trainer, and/or middle school and high school assistant principals, school physician, and/or outside consultants as deemed necessary. The District's CMT will coordinate the training for all coaches, parents and students.

Mattituck-Cutchogue Union Free School District Concussion Management Plan

The concussion program consists of four components:

1. Education
2. Baseline neurocognitive testing using the ImPACT product
3. Proper sideline management/guidelines
4. Proper Return to Play Protocol/Clearance back to athletics

Education

Concussion education must be provided for all coaches, school nurses, athletic trainers, and school appointed physicians. Education of parents would be accomplished through preseason meetings for sports and/or information sheets provided to parents. This education program covers the definition of concussion, signs/symptoms, guidelines for removal from play, guidelines for return to play, possible consequences of mistreatment of concussions.

Baseline Neurocognitive Testing (ImPACT)

This testing is what allows for OBJECTIVE measurement of severity of injury and extent of return of function after a concussion is sustained. It is an approximately 30 minute computer based test that is administered to athletes who participate in contact/collision sports (Football, Soccer, Wrestling, Basketball, Competitive Cheerleading and Lacrosse) before their athletic season starts. Baseline testing is performed once every two years. It measures several subtle aspects of brain function. The software utilized is ImPACT. This is the same software used by the NFL, NHL, and MLB. It allows for testing of athletes 12-65 years of age. The baseline tests would then be administered in the school district computer labs. District based personnel will be trained on how to proctor the testing. The data is then stored on an internet based server. Access to the data is only granted by the school district and the parents. It is recommended that only personnel prepared to process this data be allowed access to it.

Proper Sideline Management

Coaches, athletic trainers, and school physicians will be trained on the proper guidelines for removing a student-athlete from play. As per the NYSPHSAA regulation any student removed from play because of suspected head injury cannot return to play on that day unless cleared by the school medical officer(s) approved by the Mattituck-Cutchogue Union Free School District.

Proper Return to Play Protocol and Clearance

No student should return to full athletics before going through a return-to-play protocol. This is usually a 3-5 day supervised program. Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly

increased risk for additional injury due to alteration in balance. No student /athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is suspected. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion! (When in doubt sit them out.)

The following criteria will be utilized before any athlete is cleared to return to play:

1. Asymptomatic during rest
2. Asymptomatic during exertion
3. Acceptable signs on IMPACT neurological testing

The athletic trainer and nurse will oversee return to play protocol with the school physician. Final return to play decisions will be made by the School District's Chief Medical Officer.

In conclusion, concussion management is very dynamic topic at this time. Whomever you used as your concussion management team should be prepared to update this program regularly to ensure the safety of the students. The above five step program can be implemented immediately.