



July 17, 2013

Re: Concussion Information for Parents

Dear Parent/Guardian:

Montgomery County Public Schools (MCPS) has a Concussion Plan that includes comprehensive, systemwide standards and procedures regarding student-athletes who suffer head injuries and concussions. A complete description of the MCPS Concussion Plan and corresponding components are available in the Health and Safety section of the MCPS Athletics web page at <http://www.montgomeryschoolsmd.org/departments/athletics>.

Education

Education is an important component of the Concussion Plan. Briefly, it is important that parents and students understand the serious nature of concussions, and corresponding signs and symptoms. At a minimum, parents must review a document entitled *Head's Up—A Fact Sheet for Parents*. Student-athletes are required to review a similar document designed for athletes. Also, a Health and Safety PowerPoint will be presented to all student-athletes which includes information regarding concussions. The PowerPoint is available in the Health and Safety section of the MCPS Athletics web page. Additional information on the Athletics web page which parents and students are encouraged to review includes:

- *MCPS Concussion Plan*
- *What is a Concussion?*
- *Concussion in Sports: What You Need to Know* (an on line 30-minute Concussion Course)
- *A Parent's Guide to Concussions*

Baseline Concussion Testing

MCPS student-athletes are required to undergo baseline concussion testing at the beginning of the season. Additional information regarding baseline concussion testing is included in a letter that is distributed to parents (also available on the MCPS web page). The MCPS Baseline Testing Plan is in the Health and Safety section of the MCPS Athletics web page.

Forms

Prior to participation, student-athletes are required to submit three specific forms that relate directly to concussions, concussion awareness, and baseline concussion testing:

- *Pre-Participation Head Injury/Concussion Report Form for Extracurricular Activities*
- *Concussion Awareness (Parent/Student-Athlete Acknowledgement Statement) form*
- *Consent Form: ImPACT Baseline Concussion Testing*

Procedures

Detailed procedures regarding head injuries and concussions are outlined on the MCPS Concussion Plan. A general overview of the Concussion Plan and corresponding procedures includes:

- Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be removed from the practice or contest and shall not return to play until cleared by an authorized health care provider—the clearance form must be signed.
- The player's parents shall be informed that their son or daughter may have suffered a concussion and shall be advised to take their child to an authorized health care provider as soon as possible. The parent will be issued the MPSSAA form *Medical Clearance for Suspected Head Injury*.
- Appropriate school personnel, including administrators, athletic director, and school nurse, will be informed of the injury. Appropriate follow-up will be initiated.
- If the player suffered a concussion, he or she may begin a supervised gradual return-to-play process on the date indicated on the form *Medical Clearance for Suspected Head Injury*.
- The player's gradual return to full activity is monitored by school staff over a five-day period, according to the MPSSAA form *Graduated Return to Play Protocol*.
- The player may resume full participation after he or she successfully completes a supervised, gradual return-to-play protocol.

Sincerely,



William G. Beattie, Ed.D.
Director of Systemwide Athletics

WGB:ecr

Copy to:

Mr. Bowers
Mr. Sullivan



July 17, 2013

Re: Baseline Testing Information for Parents

Dear Parent/Guardian:

Beginning with the 2013–2014 school year, Montgomery County Public Schools (MCPS) will implement baseline concussion testing for all student-athletes. Baseline testing is a neuropsychological test designed to assist in determining whether an athlete is sufficiently recovered from a concussion to return to active participation. Baseline testing involves an athlete taking a test in various areas of cognitive performance prior to the start of a sport season in order to establish a “baseline” of cognitive skills. If a player suffers a concussion, subsequent baseline tests are administered and compared to the original test. Baseline testing provides a tool that can be used in conjunction with other tools or assessment techniques to determine when an athlete can safely return to play following a concussion.

MCPS has acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) in order to implement systemwide baseline concussion testing. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT can potentially be used to help determine the severity of the injury and when the injury has fully healed.

School athletic department personnel will assist a designated health care vendor in administering the test. This non-invasive test is set up in “video-game” type format and takes about 30 minutes to complete. The test is administered at the school at no cost to parents. The test tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test. MCPS will require the preseason test for all student-athletes participating in the high school interscholastic athletics program beginning with the fall 2013 season.

If a concussion is suspected, the athlete will have the opportunity to retake the test at no charge. Both the preseason and post-injury test data may be given to the health care provider of your choice. The test data will potentially enable health professionals to determine when return-to-play is appropriate and safe for the injured athlete. A health care professional does not have to use baseline testing results as a condition for a player returning to completion.

MCPS has partnered with four vendors to assist in the administration of the ImPACT testing:

1. **Adventist Rehabilitation:** Clarksburg, Damascus, Gaithersburg, Kennedy, Northwest, Paint Branch, Poolesville, Quince Orchard, Seneca Valley, Springbrook, Watkins Mill, Wheaton, Wootton
2. **ATI Physical Therapy:** Churchill, Einstein, Richard Montgomery, Rockville
3. **MedStar:** Blake, Walter Johnson, Magruder, Northwood, Sherwood, Whitman
4. **Metro Orthopedic & Sports Therapy (M.O.S.T.):** Bethesda-Chevy Chase, Blair

To emphasize, the ImPACT testing procedures are non-invasive, and they pose no risks to your child. MCPS is pleased to provide this service, free of charge, for players and parents. The test can provide an important tool for health care providers for managing concussions and preventing potential brain damage that can occur with multiple concussions. Please review the enclosed form and return it with the appropriate signatures. If you have any further questions regarding this program please feel free to contact your local school's athletic director.

Sincerely,



William G. Beattie, Ed.D.
Director of Systemwide Athletics

WGB:ecr

Enclosure

Copy to:

Mr. Bowers

Mr. Sullivan

Consent Form

ImPACT Baseline Concussion Testing

We have read the information provided by Montgomery County Public Schools (MCPS) and information outlined in the Health and Safety section of the Athletics page of the MCPS website regarding baseline concussion testing and ImPACT (Immediate Post-concussion Assessment and Cognitive Testing). We understand the contents and agree to complete baseline concussion testing in order to participate in interscholastic athletics. We also give our consent to have a retest administered in the event of a concussion. We know that it is our responsibility to request a retest (or multiple retests) from the school. The school will not automatically administer a retest in the event of a concussion or suspected concussion.

We understand that a student-athlete must be cleared by a medical professional in order to return to play following a concussion or suspected concussion. Results of the ImPACT test or retests do not have to be utilized in order to return to participation. But in many instances ImPACT tests can provide valuable information that can assist medical professionals in making decisions on when a student may safely resume participation. We understand that there is no cost to parents for retests.

Furthermore, we give permission for the school-assigned vendor to release the ImPACT results to our child's primary care physician, neurologist, or other testing physician, as indicated below. I/We also understand that general information about the test data may be provided to our child's guidance counselor and teachers, for the purpose of providing temporary academic modifications, if necessary, following a concussion.

Student Name: _____ Sport _____

Signature of Student-Athlete Date

Signature of Parent/Guardian Date

Name of physician: _____

Name of practice: _____

Phone number: _____

Student's home address: _____

Parent/guardian phone numbers (please indicate preferred contact number & time if necessary):

Home _____ Cell _____ Work _____



For official use only: Name of Athlete _____ Sport/season _____ Date Received _____
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PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM FOR EXTRACURRICULAR ACTIVITIES

This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the Athletic Director, or official designated by the school, prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student Information

Name: _____

Grade: _____

Sport(s): _____

Home Address: _____

Has student ever experienced a traumatic head injury (a blow to the head)? Yes _____ No _____

If yes, when? Dates (month/year): _____

Has student ever received medical attention for a head injury? Yes _____ No _____

If yes, when? Dates (month/year): _____

If yes, please describe the circumstances: _____

Was student diagnosed with a concussion? Yes _____ No _____

If yes, when? Dates (month/year): _____

Duration of Symptoms (such as headache, difficulty concentrating, fatigue) for most recent concussion: _____

Parent/Guardian: Name: _____ (Please print)

Signature/Date _____

Student Athlete: Signature/Date _____



For official use only: Name of Athlete _____ Sport/season _____ Date Received _____
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**Concussion Awareness
Parent/Student-Athlete Acknowledgement Statement**

I _____, the parent/guardian of _____,
Parent/Guardian Name of Student-Athlete

acknowledge that I have received information on all of the following:

- The definition of a concussion
- The signs and symptoms of a concussion to observe for or that may be reported by my athlete
- How to help my athlete prevent a concussion
- What to do if I think my athlete has a concussion, specifically, to seek medical attention right away, keep my athlete out of play, tell the coach about a recent concussion, and report any concussion and/or symptoms to the school nurse.

Parent/Guardian _____ Parent/Guardian _____ Date _____
PRINT NAME SIGNATURE

Student Athlete _____ Student Athlete _____ Date _____
PRINT NAME SIGNATURE

It's better to miss one game than the whole season.

For more information visit: www.cdc.gov/Concussion.



For official use only: Name of Athlete _____ Sport/season _____ Date Received _____

**Medical Clearance for Suspected Head Injury
To be completed by a Licensed Health Care Provider (LHCP)**

Directions: Provide this form to the health care provider evaluating the student's injury. Return form to school nurse immediately. If the student is diagnosed with a concussion, the form will be copied by the school nurse and the original form returned to the parent to use at the follow-up visit that clears the student for participation in athletics.

Student Name: _____

Date of Injury: _____

Initial Evaluation

Date: _____ LHCP* Name: _____ Signature: _____ Phone: _____ Diagnosis: <input type="checkbox"/> No Concussion, may immediately resume all activities without restriction <input type="checkbox"/> Concussion * Date student may return to school: _____ Note: Student will be removed from all sports and physical education activities at school until medically cleared. School will implement standard academic accommodations unless specific accommodations are requested. * (LHCP is a Physician, Nurse Practitioner, Physician's Assistant, Neuropsychologist)

***Follow-Up Evaluation (Required for Athletes with Concussions)**

All student athletes with concussions must be medically cleared before beginning supervised Gradual Return to Sports /Physical Education Participation (RTP) program. According to COMAR 13A.06.08.01, the following licensed health care providers are permitted to authorize a student athlete to return to play:

- (1) A licensed physician trained in the evaluation and management of concussions;
- (2) A licensed physician's-assistant trained in the evaluation and management of concussions in collaboration with the physician assistant's supervising physician or alternate supervising physician within the scope of the physician assistant's Delegation Agreement approved by the Board of Physicians;
- (3) A licensed nurse practitioner trained in the evaluation and management of concussions;
- (4) A licensed psychologist with training in neuropsychology and in the evaluation and management of concussions; or
- (5) A licensed athletic trainer trained in the evaluation and management of concussions, in collaboration with the athletic trainer's supervising physician or alternate supervising physician and within the scope of the Evaluation and Treatment protocol approved by the Board of Physicians.

I certify that I am aware of the current medical guidance on concussion evaluation and management; the above-named student-athlete has met all of the criteria for medical clearance for his/her recent concussion, and as of the date below is ready to return to a supervised Gradual Return to Sports/Physical Education Participation (RTP) program (lasting a minimum of 5 days.) Note: Students whose symptoms return during the RTP progression will be directed to stop the activity, rest until symptom free. The student will resume activity at the previous stage of the protocol that was completed without recurrence of symptoms. Students with persistent symptom return will be referred to their health care provider for evaluation.

Date: _____ **LHCP Name:** _____

Signature: _____ **Phone:** _____

¹ 2010 AAP Sport-Related Concussion in Children and Adolescents, 2008 Zurich Concussion in Sport Group Consensus.

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:

Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

What should I do if I think I have a concussion?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I help prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:
Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.

