



## Alton High School Athletics Concussion Management Plan

The Alton High School athletics program is committed to the prevention, identification, evaluation and management of concussions. This will be done by first educating coaches, student athletes and parents about concussions and secondly by following proper concussion guidelines as set by the IHSA. The IHSA plan can be found at: [www.ihsa.org/resources/sportsmedicine/concussionmanagement.aspx](http://www.ihsa.org/resources/sportsmedicine/concussionmanagement.aspx)

### Education

All athletes and their parents will read and sign the concussion information sheet provided to them by the AHS athletics department. Athletes will in addition view the IHSA concussion video. They will also have access to the IHSA Concussion Policy. AHS coaches will complete a concussion education course from the IHSA and will have access to the IHSA Concussion Policy.

### Prevention

AHS staff will work to help prevent concussions by using proper equipment at all times and by teaching proper technique.

### Identification

Through better education, AHS athletics staff will be better trained to recognize the signs and symptoms of a possible concussion. When this happens, they will then follow IHSA concussion guidelines and remove athletes from play and get further evaluation from medical staff.

### Evaluation

Once a concussion is suspected, athletes should be evaluated by a Certified Athletic Trainer or a Physician licensed to practice medicine. If none of these are immediately available, coaches will remove athlete from play & Concussion Management Plan will be put in motion.

### Management

- A. All athletes that are suspected and then diagnosed with a concussion will be withheld for the remainder of the day.
- B. Student athletes will not return to play unless they are asymptomatic through the completion of return-to-play criteria. They must be asymptomatic, with no medication.
- C. Steps of return-to-play are as follows:
  1. No activity until asymptomatic
  2. Light aerobic exercise
  3. Moderate aerobic activity/sports specific drills
  4. Non-contact practice/training drills
  5. Full contact practice
  6. Return to play

Note: 24 hours of asymptomatic time must pass between each step and if athlete does not progress, they start over at the previous step until they are asymptomatic again.
- D. At any time that AHS medical staff feels the athlete needs to be further evaluated, they will recommend follow up with a Physician.
- E. AHS reserves the right to withhold athletes after Physician evaluation and clearance, if athletes have not completed return-to-play criteria or still demonstrate any signs/symptoms of concussion.
- F. If an athlete is withheld from athletic activity, they should also be excused from physical education classes without punishment until they have completed the return-to-play criteria.