

Bangor Area School District Athletic Department

Concussion Management Protocol

Part I: ImPACT Testing

- Every 7th, 9th and 11th grade student in a sport will do the ImPACT test to have a baseline measurement on file. Student-athletes in football, soccer, and cheerleading will have a baseline test each year. This baseline will be used in the event the student gets a concussion.
- Transfer students and students new to a sport after 7th grade will also be administered the ImPACT test.

Part II: Post-Injury Evaluation

- During practices or games the Certified Athletic Trainer will evaluate any athlete who may be experiencing signs or symptoms of a concussion.
- If the evaluation is positive for signs or symptoms of a concussion the athlete may not return to participation that day unless cleared to return by a physician (MD, DO, PA-C, or CRNP).
- The athlete will be referred for further medical evaluation by a doctor trained in concussion management.
- The athletic trainer will inform the school nurse and the athlete's school counselor of the injury so temporary accommodations may be made.
- The school nurse will track symptom scores during the school day and inform the school counselor and athletic trainer of those scores as needed.

Part III: Recovery

- The ImPACT test will be administered to the athlete after the athlete is asymptomatic or as requested by the physician.
- The athlete will not participate in any physical activity while symptomatic. This timeframe could range from a few days to a few weeks. Students with a history of migraine headaches may take longer to become asymptomatic.
- A written clearance from a doctor or other appropriate medical professional specifically trained in evaluation and management of concussions will be needed for the student to begin the return- to- play protocol.
- When the student is asymptomatic the ImPACT test is re-administered and compared to the baseline measurement.
- When the student returns to baseline measures on the ImPACT test the student may return to participation through a progressive return to play protocol. All ImPACT data will be shared with the athlete's physician.
- Progression from being asymptomatic to return to play could take from 7-10 days. The total time from injury to return to play may range from a week to several months.

- Students that may need temporary accommodations in school will be handled on an individual basis with cooperation from administration, guidance, the school nurse, the athlete's physician, and the teachers.

Part IV: Criteria to Return to Play

- Asymptomatic at rest.
- Asymptomatic with cognitive exercise.
- Asymptomatic with physical exercise.
- Normal neurocognitive data (ImPACT).
- Clearance by an appropriate medical professional (MD/DO/PA-C/CRNP)

Notes:

- 95% or more of MRI/ CT Scans will show no abnormalities following a concussion
- During recovery the body will use more glucose. Encourage athlete to keep this in mind when choosing foods.
- Poor eating or hydration will cause headaches that are not related to the concussion.
- The brain continues to develop and grow into a person's 20s. This means that a teenager will have a longer recovery time than someone in college or a professional athlete.
- The teenage brain is more susceptible to injury and should be evaluated whenever there are any signs of a concussion.
- Encourage the student to get extra rest. More sleep helps the brain to heal faster. If the student is having difficulty sleeping, a physician should be consulted for temporary medical intervention.
- All athletes should be informed of the danger of Second Impact Syndrome. This can result in sudden death if the athlete is not fully healed from a concussion and sustains another head injury. This is preventable. Athletes need to report any signs or symptoms they may be experiencing. Athletes should also report if a teammate is experiencing any signs or symptoms that have not been brought to the attention of the Athletic Trainer.