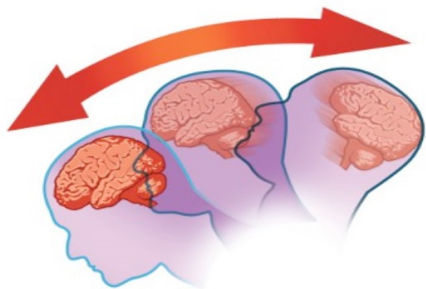


Why should I report my symptoms?

- Unlike with some injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.
- While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and the likelihood of long term problems.
- In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to your brain. They can even be fatal.



Wissahickon High School Athletic Department

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Concussion Resources

<https://www.cdc.gov/headsup/index.html>

<https://teachaids.org/for-concussions/products/>

<https://wissahickonathletics.org/main/otherad/contentID/41453507>

https://www.wsdweb.org/uploaded/schools/District/Administration/School_Board/Board_Policies/100/_123_Care_and_Treatment_of_Athletic_Concussions_and_or_Traumatic_Brain_Injuries.pdf



Care/ Treatment of Athletic Concussions

Wissahickon School District
(WSD Board Policy #123)
Care and Treatment of
Athletic Concussions and/or
Traumatic Brain Injuries

Concussion Facts

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

Concussion Symptoms

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

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

- Don't hide it, report it.
- Get checked out.
- Take care of your brain.

www.cdc.gov/Concussion

BASELINE/IMPACT TESTING

Beginning in 7th grade, every WSD student-athlete must take an initial baseline test administered by the WSD Athletic Trainer.

Any student that does not have a baseline test on file, or has suffered a concussion, must take the baseline test prior to participating in a WSD athletic activity.

WHEN IN DOUBT, SIT THEM OUT!

If you suspect that an athlete has a concussion, you should take the following steps:

- Remove the athlete from play.
- Keep the athlete out of play the day of the injury.
- Obtain permission from an appropriate health care professional that states the athlete can return to play.

RETURN TO PLAY FOLLOWING A CONCUSSION

The athlete must:

Be asymptomatic, without medication, at rest

Have ImPACT scores within normal range of baseline

Must receive clearance from a physician familiar with TBI and ImPACT and approved by WSD (ER notes will not be accepted)

After receiving the doctor notes, THEN the athlete must pass all physical exertion steps without symptoms

PHYSICAL EXERTION STEPS

- Light aerobic activity
- Moderate aerobic activity
sports specific functional exercise
(no head impact activities)
- Non-contact training session or practice
- Full contact training session or practice

There is a minimum 24-48 hours of rest between each step. If symptoms return a minimum of 24 hours suspension of progression will ensue

MANAGING CONCUSSIONS

- Once an athlete reports symptoms they should not participate in any physical activity (ex. physical education, aquatics, high school sports, or club/recreation sports). **REST IS KEY.**
- The athletic trainer will email the name of any athlete who sustains a head injury to the athletic director and school nurse prior to the opening of the next school day.

The school nurse will then notify the student's counselor and the counselor will notify high school administration and all necessary faculty if the student-athlete needs academic accommodations.