**CONCUSSION GUIDELINES AND PROCEDURES**

**Education**

Concussion education should be provided for all administrators, teachers, coaches, school nurses, athletic trainers and guidance counselors. Education of parents should be accomplished through preseason meetings for sports and/ or information sheets provided to parents. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI’s, management of the injury and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

**Concussion Management Team**

The District will assemble a Concussion Management Team (CMT). The CMT will consist of:

* School Medical Director
* Director of Athletics & Physical Education
* Trinity Catholic School Nurse (OCSD Nurse Team Leader)
* OCSD Athletic Trainer
* Oswego High School School Nurse (2)
* Oswego Middle Elementary School Nurse
* Fitzhugh Park Elementary School Nurse
* Kingsford Park Elementary School Nurse
* Frederick Leighton Elementary School Nurse
* Minetto Elementary School Nurse
* Charles E. Riley Elementary School Nurse

The District’s CMT should coordinate training for all administrators, teachers, coaches and parents. Training should be mandatory for all coaches, assistant coaches and volunteer coaches that work with these student athletes regularly. In addition, information related to concussions should also be included at parent meetings or in information provided to parents at the beginning of sports seasons. Parents need to be aware of the school district’s policy and how these injuries will ultimately be managed by school officials.

Training should include: signs and symptoms of concussions, post-concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis should be placed on the fact that **NO** athlete will be allowed to return to play the day of injury and also that **ALL** athletes should obtain appropriate medical clearance prior to returning to play or school.

The CMT will act as a liaison for any student returning to school and/or play following a concussion. The Athletic Trainer in conjunction with the Director of Athletics on behalf of the CMT will review and/or design an appropriate plan for the student while the student is recovering.

\*The Oswego City School District Concussion Management Team utilizes the NYSPHSAA website as well as the [**www.cdc.gov/headsup/**](http://www.cdc.gov/headsup/) for information related to the signs and symptoms of concussions and the appropriate return to play protocols. A handout describing the Concussion Management teams is also available on the NYSPHSAA website. A Concussion Management Checklist that has been approved and recommended by NYSPHSAA is available on this site.

**Parents may keep this information sheet**

**\*\*Important\*\***

**Completed sheets must be**

**Returned before return to practice or play.**

**OSWEGO CITY SCHOOL DISTRICT**

**STUDENT ATHLETE**

**Return to Play Protocol Following a Concussion.**

 The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Berlin 2016. In addition it has been fabricated in a collaborative effort with concussive experts within the greater Syracuse area and the Oswego City School District’s Supervising Medical Officers. As such it is imperative to remember the safety of the student athlete is the primary concern of Oswego City School District and its medical personnel.

 The information contained below is to be used as mere guidelines to be implemented in the time following a concussive event. This information is ***not to be considered as all inclusive or all encompassing***.

 When a student-athlete shows signs or symptoms of a concussion or is suspected to have sustained a brain injury after an evaluation by competent medical personnel at the time of the incident.

1. The student-athlete **will not** be allowed to return to play in the current game or practice.
2. The Athletic Trainer or Team Coach will fill out and date the *Initial Concussion Evaluation Form* which will be sent along with the student to their doctor visit.
3. The student-athlete should not be left alone, and regular monitoring for deterioration

is essential for the next few hours following the injury.

1. Following the initial injury, the student-athlete **must follow up** with their Primary Care Physician or by an Emergency Department within the first 24 hours.
2. The Primary Care Physician or Emergency Department Doctor must fill out, sign and date the *Physician Concussion Evaluation Sheet*.
3. The student-athlete will schedule a Post-Injury ImPACT testing time and take the test under the supervision of the Oswego City School District Athletic Trainer.
4. The student-athlete **must present** the completed *Physician Concussion Evaluation Form* to the Oswego City School District Athletic Trainer in the training room at Oswego High School in order to begin the return-to-play protocol (48 hours AFTER the initial head injury).
5. Return to play will follow a process described below.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. No exertional activity until asymptomatic. The program is broken down into six steps in which only one step is covered per one 24 hour period. The six steps involve the following:

**Day 1:** Low impact, non-strenuous, light aerobic activity (walking, stationary bike).

**Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.

**Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.

**Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a

 spotter.

**Day 5:** Full contact training drills and intense aerobic activity.

**Day 6:** Return to full activities with clearance from School Medical Director.

***If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest. In addition, the student-athlete should also be monitored for recurrence of symptoms due to mental exertion such as reading, working on a computer, or taking a test.***