

TCS Concussion Management Policy

The purpose of this policy is to safeguard student athletes by (1) educating student athletes, school personnel and parents/guardians about concussions, (2) requiring that a student athlete be removed from play when a concussion is suspected and requiring a licensed health care professional to provide clearance for the student athlete to return to play or practice, and (3) implementing the concussion management requirements specified by the Illinois High School Association and Illinois Elementary School Association.

This policy applies to athletic play occurring in sports programs provided by elementary, middle and high schools regardless whether the sports program *is intramural, interscholastic, afterschool or provided during the summer (e.g. summer sports camp).*

Concussion Signs and Symptoms

A concussion is a traumatic brain injury that interferes with normal brain function. A student athlete does not have to lose consciousness to have suffered a concussion. Signs and symptoms of a concussion include the following

| Signs Observed by Others | Symptoms Reported by Athlete |
|--|----------------------------------|
| Appears dazed or stunned | Headache or "pressure in head" |
| Appears confused | Nausea |
| Forgets sports plays | Balance problems or dizziness |
| Is unsure of game, score, opponent | Sensitivity to light or noise |
| Moves clumsily | Double or fuzzy vision |
| Answers questions slowly | Feeling sluggish or slowed down |
| Loses consciousness (even briefly) | Feeling foggy or groggy |
| Shows behavior or personality changes | Does not "feel right" |
| Can't recall events prior to hit or fall | Concentration or memory problems |
| Can't recall events after hit or fall | Confusion |

Removal and Return to Play

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game or practice and shall not return to play until cleared in writing by a licensed health care professional. If a health care professional is not immediately available at the athletic event or practice and an injured student athlete has any of the described signs, symptoms or behaviors of a concussion, s/he shall be promptly taken to a facility for appropriate medical evaluation and care.

A player must be removed from an *interscholastic* athletics practice or competition immediately if one of the following persons believes the player might have sustained a concussion during the practice or competition:

- a coach;
- a physician;
- a game official;
- an athletic trainer;
- the student's parent or guardian or another person with legal authority to make medical decisions for the student;
- the student; or
- any other person deemed appropriate under the school's return-to-play protocol.

A student removed from an *interscholastic* athletics practice or competition may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- the student has been evaluated by a treating physician (chosen by the student or the student's parent or guardian) or an athletic trainer working under the supervision of a physician;
- the student has successfully completed each requirement of the "return-to-play" and "return to learn" protocols established for the student to return to play;
- the treating physician or athletic trainer working under the supervision of a physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play and return to learn; and
- the student and the student's parent or guardian have acknowledged that the student has completed the requirements of the "return-to-play" and "return-to-learn" protocols necessary for the student to return to play; have provided the treating physician's or athletic trainer's written statement and have signed a consent form indicating that the person signing has been informed and consents to the student participating in returning to play in accordance with the "return-to-play" and "return-to-learn" protocols and understands the risks associated with the student returning to play and returning to learn and will comply with any ongoing requirements in the "return-to-play" and "return-to-learn" protocols. A sample acknowledgement is found in the link below: [http://www.ihsa.org/documents/forms/current/Post-concussion%20Consent%20Form%20\(RPT-RTL\).pdf](http://www.ihsa.org/documents/forms/current/Post-concussion%20Consent%20Form%20(RPT-RTL).pdf)
- A coach of an *interscholastic* athletics team may not authorize a student's return to play or return to learn.

Licensed Health Care Professional

For purposes of this policy, licensed health care professional means physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

Concussion Policy/Fact Sheet

Information on the school's concussion and head injury policy must be a part of any agreement, contract, code, or other written instrument that a school requires a student-athlete and his/her parents or guardian to sign before participating in practice or *interscholastic* competition. The IHSA/IESA has provided a Concussion Information Sheet and Sign-Off Form that schools may use to notify athletes and their parents/guardian about the dangers of concussions and head injuries.

The parent/guardian of each student athlete and the student athlete shall receive annually a concussion information sheet and they shall submit written verification(s) that they have read the information. A student athlete may not participate in practice or competition prior to the school's receipt of this written verification.

Concussion Oversight Teams (COT)

Each school shall form a Concussion Oversight Team (COT). The COT's primary function will be to develop return-to-play and return-to-learn protocols for students believed to have experienced a concussion. The protocols should be based on peer-reviewed scientific evidence consistent with guidelines from the Center for Disease Control and Prevention. These teams can contain a range of individuals based on the resources available to the school in their community or neighborhood but must include one person who is responsible for implementing and complying with the return-to-play and return-to-learn protocols.

TCS Oversight team includes:

- Head of School
- Athletic Director
- Dr. Fred Alexander –Board Member founder of school, licensed physician
- Dr. Vince Benig—former parent and licensed pediatrician

Coaches Training

All *interscholastic* coaches/assistants will need to complete a training program of at least two hours on concussions. Coaches, nurses, and game officials must provide the school with proof of successful completion of the training. Training must be completed every two years. Head coaches and assistant coaches must complete the required training.

TCS CONCUSSION MANAGEMENT SUMMARIZED PROTOCOL

In accordance with Illinois law, TCS has instituted the following procedures to ensure the safety of student-athletes:

► READ AND SIGN

Every TCS parent/guardian and student is required to read and sign our Concussion Information Sheet before the student is allowed to participate in athletics. One sheet per student is sufficient for the entire school year, no matter how many sports the student participates in.

► REMOVAL FROM PRACTICE OR COMPETITION

A student shall be removed from an interscholastic athletic practice or competition immediately if any of the following individuals believes that the student sustained a concussion during the practice or competition: a coach, a physician, a game official, an athletic trainer, the student's parent/guardian, the student or any other person deemed appropriate under the TCS return-to-play protocol.

► CONDITIONS FOR RETURN

A student who was removed from interscholastic athletic practice or competition shall be allowed to return only after all statutory prerequisites are completed, including without limitation TCS return-to-play and return-to-learn protocols. An athletic team coach or assistant coach may not authorize a student's return-to-play or return-to-learn.

► NOTE FROM MEDICAL DOCTOR

At TCS this means any student removed for having concussion symptoms will not be allowed to return to play or return to learn until the school receives a note from a medical doctor stating the student is cleared to do so.

► REQUIRED TRAINING

TCS coaches must successfully complete all concussion training required by the state

Some Additional Resources

<http://www.ihsa.org/documents/sportsMedicine/Concussion%20Protocols.pdf>

<http://www.iesa.org/documents/general/IESA-ConcussionInfo.pdf>

http://www.cdc.gov/headsup/pdfs/schools/tbi_returning_to_school-a.pdf

http://www.cdc.gov/headsup/pdfs/policy/rtp_implementation-a.pdf

<http://www.ihsa.org/multimedia/articulate/2015-16/concussion/presentation.html>