



CONCUSSION MANAGEMENT PLAN

PURPOSE

Lake Land College athletics is committed to the safety and well-being of its student-athletes. It is committed to the prevention, identification, evaluation and management of concussions.

Therefore, a concussion management plan will be implemented for any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion. The plan addresses the removal from practice or competition, evaluation by a licensed healthcare provider and the criteria for medical clearance to return to activity.

Student-athletes and/or guardians are required to sign the Lake Land College Concussion Information Acknowledgement statement. The Athletic Trainer will annually present to student-athletes educational material on concussions.

DEFINITION OF A CONCUSSION

In accordance with the 3rd International Conference on Concussion in Sport (2008), a cerebral concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Common elements of concussions include:

1. May be caused by a direct blow to the head or elsewhere on the body with an 'impulsive' force transmitted to the head.
2. Typically result in a rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
3. May result in neuropathological changes, but acute clinical symptoms largely reflect a functional disturbance rather than structural injury.
4. Result in a graded set of clinical symptoms that may or may not involve loss of consciousness.
5. Resolution of the clinical and cognitive symptoms typically follows a sequential course, but post-concussive symptoms may be prolonged.

CONCUSSION TESTING

All varsity student-athletes will undergo pre-participation baseline neuropsychological testing using the Standardized Assessment of Concussion test (SAC). Post-concussion testing will be performed and compared to baseline values in these student-athletes to aid in clearance decisions. Neuropsychological consultation will be obtained for appropriate student-athletes as determined by a physician.

MULTIPLE CONCUSSIONS

Any student-athlete suffering two or more concussions within the same calendar year will not be eligible to return to activity until evaluated and cleared by a physician.

SIGNS AND SYMPTOMS

Concussions may cause abnormalities in clinical symptoms, physical signs, behavior, balance, cognition, and/or sleep. Signs and symptoms of concussions include, but are not limited to:

- Headache
- Loss of consciousness
- Visual disturbances
- Confusion or disorientation
- Amnesia
- Dizziness or balance problems
- Slurred or incoherent speech
- Nausea or vomiting
- Vacant stare
- Inability to focus
- Delayed verbal or motor responses
- Feeling like 'in a fog' or dazed
- Ringing in ears
- Irritability
- Emotional lability
- Fatigue or feeling slowed down
- Excessive drowsiness
- Sleep disturbances

EVALUATION

Any student-athlete exhibiting signs and symptoms of a concussion will be immediately removed from play and evaluated by the school nurse or the Certified Athletic Trainer. A physical and mental status examination will be performed by the athletics healthcare provider and any student-athlete diagnosed with a concussion shall not return to activity for the remainder of that day. The student-athlete will be serially monitored for deterioration and will be provided with written or verbal instructions if discharged home after suffering a concussion.

REFERRAL TO EMERGENCY DEPARTMENT

Appropriate activation of the on-site Emergency Action Plan will occur for any student-athlete exhibiting focal neurological deficits, progressive or worsening signs and symptoms, and/or signs and symptoms associated injuries (i.e. neck injury).

PHYSICIAN REFERRAL

Student-athletes who experience a concussion associated with loss of consciousness, worsening signs/symptoms, and/or post-concussive signs/symptoms lasting greater than 24 hours will be referred to a physician and will not be allowed to return to activity until cleared by the physician.

RETURN TO ACTIVITY

Student-athletes suffering a concussion must be sign/symptom free at rest for a minimum of 24 hours before starting any exertional activity. Student-athletes will complete the following protocol before returning to full activity. The student-athlete must remain sign/symptom free for 24 hours following each step before progressing to the next step. If signs/symptoms occur during a step, the student-athlete will revert back to the previous step for a minimum of 24 hours before attempting the progression again.

Day 1: No activity

Day 2: Light aerobic exercise

Day 3: Sport specific activity, non-impact

Day 4: Non-contact sport drills and resumption of progressive resistance training

Day 5: Full-contact practice

Day 6: Return to unrestricted play/competition

RETURN-TO-LEARN

Much like return-to-play, return-to-academics (aka return-to-learn) is something that may also need to be taken into consideration on a case-by-case basis.