

# What to do in the event a PYHA athlete sustains a concussion:



Hopedale Rehabilitation and Sports Medicine / Peoria Youth Hockey Association Concussion Management

The PYHA is in its second season of providing concussion management services for the youth athletes. These steps in providing care for your athlete after a concussion are in place to ensure that a *SAFE* and appropriate return-to-play status occurs. Your athlete's brain is our concern.

## PYHA Steps for a Safe Return:

- Go to the PYHA website for documents and information.
- Read the signs and symptoms document.
- If an athlete is suspected of having a concussion, pull them from competition and do not return to play that day.
- Read and fill out the Graded Symptoms Checklist (GSC form on website).
- Inform the PYHA Concussion Management Coordinator of the incident and/or ask questions.
- Seek immediate medical attention if warranted.
- Follow-up with your physician.
- Take an ImPACT follow-up test (at Owens) to measure brain function compared to your baseline (Bantam level or higher) or a SCAT3 test to measure brain function (PW or lower).
- Once cleared by your physician, have them fill out and sign the PYHA Physician Release Form (located on website).
- Contact the PYHA Concussion Management Coordinator to schedule a 20 minute exertional test to be conducted at Owens Center before returning to DH, practice or games.
- Once the athlete has written clearance from the physician and clearance from the Certified Athletic Trainer after the exertional test, the athlete can make a *SAFE* return to the ice.

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