

CONCUSSION GUIDELINES

Pre-season:

1. Annual Parent Education Meeting
2. Annual Coach Education meeting
3. Coach training
 - a. Require USA Hockey Training Modules
 - b. CDC Heads Up Concussion Training
 - i. http://www.cdc.gov/concussion/headsup/online_training.html
 - c. National Federation of State High School Associations (NFHS)
 - i. <http://www.nfhslearn.com/electivedetail.aspx?courseID=38000>
4. Baseline Impact Testing for athletes
 - a. New or updated baseline every two years
 - b. Annual retest/new baseline for all kids with concussion the previous year
 - c. Coaches/team coordinator to coordinate testing before season

In-Season:

1. All Athletes suspected of sustaining a concussion are removed from play (practice or game)
 - a. “When in doubt sit them out”
2. Sideline or locker-room SCAT3 evaluation performed by medical staff or coach
 - a. Laminated copies will be placed on benches and in locker rooms
 - b. <http://bjsm.bmj.com/content/47/5/259.full.pdf>
3. In Game Concussion Guidelines
 - a. See attached
4. No activity, practice, or game play until the following conditions are all met
 - a. No symptoms – headache, dizziness, nausea, confusion, etc
 - b. Normal IMPACT test results – scores must return to baseline results
 - c. Must follow and pass each step of the return to play exertion protocol. Each step takes one day (5 day minimum process). If any symptoms occur then the injured athlete returns to the previous step.
 - i. No activity - rest until asymptomatic
 - ii. Light aerobic exercise
 - iii. Sport-specific training
 - iv. Non-contact drills
 - v. Full-contact drills
 - vi. Return to Full Game play
 - d. Signed South Dakota State Activities Association Return to Play Medical Release Form
 - i. <http://www.sdhsaa.com/Portals/0/PDFs/Athletics/Health-Safety/SampleReturntoCompetitionForm.pdf>
 - ii. Signed by a licensed medical provider
 - iii. <http://www.sdhsaa.com/Portals/0/PDFs/Athletics/Health-Safety/ReturntoPlayProtocol.pdf>