



# Concussion Management

**Policy:** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice that same day. In the event that an athlete exhibits these signs during competition, an official has the authority to remove a player from a contest after a blow to the head, neck or chest. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the player after he/she is removed from play. The responsibility of further evaluating and managing the symptomatic player falls upon the school and appropriate health care professional.

**Procedure:** In schools which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has or has not exhibited signs, symptoms or behaviors consistent with a concussion, and has or has not suffered a concussion, and return the athlete to play. In the event that the athletic trainer has determined an athlete has been concussed, that athletic trainer may also work in consultation with an appropriate Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.

## Return to Participation

Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic Medicine (DO), Nurse Practitioner (NP), Doctor of Naturopathic Medicine (ND), Physical Therapist (PT), Chiropractor (DC), Occupational Therapist (OT) or Psychologist who has taken the required course in accordance with ORS 336.490) is obtained, the athlete shall not be permitted to return to athletic activity.

The release form for participation can be found at:

1. <https://osaa.org/docs/forms/MedicalRelease-ReturntoParticipationFollowingaConcussion.pdf>

# Return to School

Athletes sometimes will need help returning to school by getting temporary accommodations while they are still symptomatic. This should be done with the help of the Athletic Trainer at the school as well as any other health care providers they may be working with. Before an athlete can return to all aspects of athletics, they cannot still be on temporary accommodations. If symptoms persist past what the Athletic Trainer or health care provider deem “temporary”, discussions with teachers and counselors may ensue about a more permanent 504 plan if necessary.

The return to learn form can be found at:

1. <https://osaa.org/docs/forms/MedicalRelease-ReturntoLearnFollowingaConcussion.pdf>

# ImPACT

**Policy:** Per OSAA regulations, as a high school with access to ImPACT testing, the athletic trainer shall perform baseline cognitive testing on new athletes or athletes that have an expired baseline. A baseline test shall be good for a two year period. Each additional testing will be at the discretion of the athletic trainer in order to diagnose and track symptoms.

**Policy:** In order to utilize ImPACT testing to help diagnose and track symptoms, every contact sport of each season will be tested. ImPACT will then be taken post-injury once the athlete is symptom free to move them through the return to play progression. SCAT5 is the cognitive and neurological test used during evaluation and on field assessment. Athletes must visit an approved physician in order to return to full contact participation.

Importance of ImPACT testing and why is it used: <http://www.osaafoundation.org/impact/>.

Recommended physicians for management of concussions are:

- Dr. Chesnutt/Dr. Novak (OHSU) (503)-494-4000
- Dr. Crist (Portland Clinic) (503)-293-0161

In the event of a suspected concussion, the athletic trainer will proceed with the following:

1. Evaluate athlete’s cognitive and neurological function
2. Perform a SCAT5 test
3. \*If suspected concussion, athletes are required to be symptom free for at least 24 hours before beginning Step 1 of the Return to Play protocol and 24 hours between steps.
  - a. Athletes must check-in every day after school to report symptoms progression
4. If any signs or symptoms return at any step in the Return to Play progression, the athlete must return to the previous step and be 24 hours symptom free before progressing again.

## Graduated, Step-wise Return-to-Participation Progression

**Step 1: No activity:** Complete rest, both physical and cognitive. This may include staying home from school or limiting school hours and/or homework as activities requiring concentration and attention may worsen symptoms and delay recovery.

**Step 2: Light aerobic exercise:** Walking or stationary bike at low intensity; no weight lifting or resistance training.

***\*Before progressing to the next stage the student must be healthy enough to return to school full time\****

**Step 3: Sport-specific exercise:** Sprinting, dribbling basketball or soccer; no helmet or equipment, no head impact activities.

**Step 4: Non-contact training:** More complex drills in full equipment. Weight training or resistance training may begin.

**Prior to full contact practice, it is REQUIRED to get a physician's note of clearance and date of full participation to begin Step 5.**

*\*If the athlete continues to be symptom free, an ImPACT test will be taken. Scores must be within normal limits to be approved of starting full contact participation.\**

**Step 5: Full contact practice:** Participate in normal training activities.

**Step 6: Unrestricted Return to-Participation/full competition. (Earliest Date of Return to Participation)**

*The student should spend a minimum of one day at each step. If symptoms re-occur, the student must stop the activity and contact their trainer or other health care professional. Depending upon the specific type and severity of the symptoms, the student may be told to rest for 24 hours and then resume activity one-step below where he or she was when the symptoms occurred. **Graduated return applies to all activities including sports and PE classes.***

## **CONCUSSION MANAGEMENT**

A. **Member School's Responsibilities (Max's Law, ORS 336.485, OAR 581-022-0421) (Jenna's Law, ORS 417.875)**

- 1) **Suspected or Diagnosed Concussion.** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with an appropriate Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.
- 2) **Return to Participation.** Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.
- 3) **Private Schools Only.**  
**Concussion-Private School Informed Consent**  
On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.

B. **Official's Responsibilities.**

An official shall remove a player from a contest when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the player after he/she is removed from play. The official does not need written permission for a player to return nor does the official need to verify the credentials of the appropriate health care professional who has cleared the player to return. The responsibility of further evaluating and managing the symptomatic player falls upon the school and appropriate health care professionals.

Sources:

<http://www.osaa.org/health-safety>

(Max's Law, ORS 336.485, OAR 581-022-0421) (Jenna's Law ORS 417.875)

Inter-Association TF for Preventing Sudden Death in Secondary School Athletics

NATA Position Statement: Preventing Sudden Death in Sports

NATA Position Statement: Management of Sport Concussion

NFHS Suggested Guidelines for Management of Concussion in Sport

NFHS Recommendation and Guidelines for Minimizing Head Impact Exposure...

NFHS A Parent's/Guardian's Guide to Concussion