



## Concussion Management Plan for Athletes of Park Ridge Football & Cheer

### What is a Concussion?:

A concussion is defined as a traumatic brain injury (TBI) which results in a rapid or delayed onset of symptoms that can alter the way the brain normally functions. This can be caused by a bump, blow, or jolt to the head, or from a blow to the body with an impulsive force that is transmitted to the head. Even a seemingly minor “ding” can be serious and needs to be given appropriate treatment.

A concussion results in a wide range of clinical symptoms which can include headache, amnesia, confusion, disorientation, nausea, uncoordinated movements, and loss of consciousness. All injuries should be treated based on individual symptoms and not by following grading scales. The focus of rehabilitation should be complete cognitive rest, including time away from both athletics and academics.

Any athlete suspected of a concussion may not return to activity until cleared by a licensed healthcare provider who is authorized to provide sports physical examinations and trained in evaluation and management of concussions. Return to play should follow a gradual, step-wise progression.

### Signs and Symptoms of a Concussion:

According to the Centers for Disease Control and Prevention, athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events prior to hit or fall	Confusion
Can’t recall events after hit or fall	Does not “feel right” or is “feeling down”

### Action Plan:

When any head injury occurs (whether at practice or a game) the following steps should be taken:

1. Remove athlete from play. Any athlete suspected of head injury is not allowed to return to play that day.  
**WHEN IN DOUBT, SIT THEM OUT**
2. Contact will be made with the athlete’s parent/guardian to pick up the athlete and review proper immediate follow-up care.



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3. The parent/guardian should contact the ATI Athletic Trainer assigned to Park Ridge Football. The Athletic Trainer will work in conjunction with the parent/guardian to ensure the athlete receives the proper medical treatment through the Concussion Care Program offered by ATI or through a physician referral who is trained to treat concussions.
4. If at any time the athlete exhibits a decrease in mental status or any of the following symptoms, seek immediate medical care either by having the athlete go to the closest emergency room or contacting 911.
  - Changes in alertness and consciousness
  - Convulsions (seizures)
  - Muscle weakness on one or both sides
  - Persistent confusion
  - Persistent unconsciousness
  - Repeated vomiting
  - Unequal pupils
  - Unusual eye movements
  - Walking problems
5. No athlete can return to play until cleared by an appropriate licensed healthcare provider who is authorized to provide sports physical examinations and trained in evaluation and management of concussions. *Park Ridge Football participants must have the Park Ridge Sports, Inc. Return to Play form completed and signed by an appropriate licensed healthcare provider.*

### The following signs and symptoms (complaints) mandate immediate emergency room evaluation:

*Headaches that significantly worsen	*Looks very drowsy/can't be awakened	*Neck pain
*Can't recognize people or places	*Repeated vomiting	*Seizures
*Increasing confusion or irritability	*Unusual behavioral change	*Focal neurologic signs
*Change in state of consciousness	*Weakness or numbness in arms/legs	*Slurred Speech
*Blood or watery fluid from ears/nose	*Unequal or dilated pupils	*Asymmetry of the face

### General Recommendations:

- ✓ Rest is the key. Do not participate in **ANY** activities if any signs or symptoms exist. Be sure to get enough sleep at night – no late nights. Take naps or rest breaks as needed.
- ✓ It is important to limit activities that require a lot of thinking or concentration (called cognitive rest), as this can make signs and symptoms worse, which may prolong healing. This includes but is not limited to: texting, operating a computer, watching television, playing video games and reading.
- ✓ With ANY injury, a full recovery will reduce the chances of getting hurt again. Second-Impact Syndrome is VERY serious. It is better to miss a few games than to be severely injured for your season, or indefinitely.



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### Return to Participation:

As adopted from the National Federation of High School Sports recommendations: After suffering a concussion, no athlete should return to play or practice on that same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Newer studies have shown that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion **and is cleared to return to activity by a health-care professional**, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day over 6 days as directed by a qualified healthcare professional.

**The progressive return to activity program may proceed following medical clearance, and completion of the Park Ridge Sports, Inc. Return to Play form.**

The following page illustrates a sample of the Progressive Return to Play guidelines following a concussion:

Step	Activity
1. Light General Conditioning Exercises Goal: Increase HR	Begin with sport specific warm up. Do 15-20 minute workout: stationary bike, fast paced walking or light jog, rowing or freestyle swimming.
2. Moderate General Conditioning and Sport Specific Skill Work; Individually Goal: Add Movement, individual skill work	Sport specific warm-up. Slowly increase intensity and duration of workout to 20-30 minutes. Begin sport specific skill work within the workout. No spins, dives, or jumps.
3. Heavy General Conditioning, skill work; individually and with team-mate. <b>NO CONTACT</b> Goal: Add Movement, team-mate skill work	Continue with general conditioning up to 60 minutes. Increase intensity and duration. Begin interval training.
4. Heavy General Conditioning, skill work. No live scrimmages. VERY LIGHT CONTACT. practice Goal: Team skill work, light static contact	- Resume regular conditioning and duration of - Gradually increase level of spins, dives, jumps - Review team plays with no contact. - <b>Very light contact</b> and low intensity
5. Full Team Practice with Body Contact	- Participate in a <b>full practice</b> - If a full practice is completed with no symptoms, return to competition is appropriate. Discuss with the coach about getting back in the next game.
6. Full Return to Sport	Full clearance to return to sport at previous level

