

Milford High School Concussion Management Plan

EDUCATION & ACKNOWLEDGEMENT

- As part of Final Forms Athletic Registration System parents and athletes must verify they have read the Ohio Department of Health concussion information sheet.
- Staff athletic trainers & coaches will complete the NFHS Concussion Course as required by OHSAA.
- When an athlete is concussed his/her parent will be contacted. Both parent and athlete will be further educated in concussion management. Parents will be given an injury checklist.

EVALUATION

- High school and junior high school athletes participating in contact and collision sports (i.e. football and new students) will undergo ImPACT baseline testing prior to the start of contact during preseason.
- Any athlete experiencing symptoms should report to the athletic training staff as soon as possible.
- Any athlete exhibiting signs, symptoms, or behaviors consistent with concussion shall be removed from athletic activities by an athletic trainer (coach or referee in the absence of the athletic trainer) and evaluated by a medical staff member (staff athletic trainer or family physician) as soon as possible.
- An ImPACT assessment will be performed by a staff athletic trainer 72 hours after the time of injury for all athletes exhibiting signs, symptoms, or behaviors consistent with concussion. Athlete must be in school for a full day in order to take test.
- All athletes must be evaluated by a physician trained in concussion management. Athlete must have a written diagnosis and separate OHSAA release signed by a physician.
- A concussed athlete should regularly report to the athletic training room for assessment of symptoms (ideally each school day). Athletes will also be given a form to self-report symptom at the same time each day.
- ImPACT post-injury re- testing will be conducted when the athlete has been symptom free, without the aid of medications, for 5 consecutive days.

RETURN TO PLAY CRITERIA:

- No concussed athlete will return to play on the same day the injury occurred.
- No athlete will participate while symptomatic. Athlete may participate in light aerobic activity up to 30 minutes a day as long as symptoms do not return or get worse.
- Once a concussed athlete is asymptomatic for 5 consecutive days they will take the ImPact test again. If scores are in the acceptable range they go through stress testing. The testing includes an eagle mile for time, for boys 100 push-ups and 100 sit ups. For girls 50 push-ups and 50 sit ups. Followed by 8 x 40 yard sprints for time. Swimmer's and water polo players will have a 500 yd. freestyle for time instead of the eagle mile, and 8 25 yd. sprints in place of the 40yd. sprints. Rest and water will be allotted between each part of the stress test. Once the test is completed and the athlete is still symptom free the athlete may begin their functional progression back to sport. Each sport has its own protocol for return to competition. Collision sports: Football/Lacrosse Day 1: Helmet only no contact, Day's 2-3: Helmet and pads no contact, Day 4: Helmet and pads skills drills contact only, Day 5: helmet and pads team contact in for 1 play out for 3 plays. Day 6: Full return to football/lacrosse. Progression of days is dependent on no return of symptoms. If symptoms return at any time athlete returns to 30 minutes light aerobic activity until 5 days asymptomatic.
Contact sports: Soccer, Basketball, Water Polo, Cheerleading, Volleyball, Wrestling and noncontact sports Cross Country, Tennis, Swimming, Track and Field, Baseball, Softball, Bowling, Golf, Dance, Band, and Diving. Gradual return to activity 3-5 days.
- Athletes that sustain a concussion at the end of a sports season that intend to play a sport in the following season will follow protocol for the sport that they are entering. Athletes not intending to play the next sports season must still be cleared by a doctor, and complete a stress test. These athletes will also be required to participate in 3 consecutive days of exercise with the athletic training staff.

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ACADEMIC CONSIDERATIONS

- The school nurse and the athlete's academic counselor will be informed of athlete's injury. Academic counselor will inform the athlete's teachers. Classroom modifications will be made when appropriate.
- Recommendations by the treating physician for academic modifications will be followed by the classroom teachers of the concussed student.
- A SIT meeting will be called in the event symptoms do not resolve in a timely fashion or is deemed necessary by the athletic training staff.

EQUIPMENT

- Football helmets and Lacrosse helmets will be NOCSAE certified when purchased and reconditioned according to NOCSAE standards.

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