



POTTSTOWN HIGH SCHOOL *Building a Better Tomorrow*

Concussion Management Protocol

The Pottstown School District has developed this protocol for athletic staff to follow in case there is a concussion or mild traumatic head injury. These injuries, if not properly handled could cause significant health and mental problems and possibly a risk of death.

Concussion

A concussion is caused by a bump or blow to the head causing a violent shift in the head's position. This mechanism of injury that causes the following symptoms could be treated as a concussion:

Signs

Dazed state
Confusion
Altered coordination
Personality change
Forget events before hit
Forget events after hit
Loss of Consciousness

Symptoms

Headache
Nausea or vomiting
Altered vision
Sluggish feeling
Problems concentrating
Problem Remembering
Dizziness

Baseline Testing

Athletes participating in high impact sports will undergo a baseline neuropsychological testing. The baseline tests are generally conducted on freshman, juniors, or any other circumstance in which the high impact sport athlete who has yet to have a valid baseline testing. The testing program Pottstown High School uses for baseline testing as well as the post concussion assessment is the ImPACT online software program. The program will test memory, reaction time, brain processing speed, and concentration.

If a concussion is suspected, the athlete will be required to re-take the test. The baseline and post-injury date will be available for the physician to use a resource when making the return to play decision. A post-injury report may also be used on an athlete who doesn't have a baseline test on record.

Safety in Youth Sports Act

The Safety in Youth Sports Act was passed and then enacted on July 1, 2012. Pottstown High School in accordance with this law has instituted the following policy:

Once each school year, all coaches shall complete the concussion management certification training course offered by the Centers for Disease Control and Prevention or any other provider that is found on the website of the Pennsylvania Department of Education or Health. Any coach shall not be able to coach until they complete this training course.

Any coach that violates this policy will be suspended from coaching any athletic activity for the remainder of the season as well as any other penalties the school district may enforce. A second violation will be suspended for the remainder of that season and the next season. The third violation will result in permanent suspension of any coaching activity.

Concussion Policy

As mentioned in the Safety in Youth Sports Act, if a student exhibits signs or symptoms of a concussion or traumatic head injury he/she **must** be removed from participation and will not be permitted to return to activity that day. Any athlete who has sustained a concussion will not be permitted to return to activity until they have written medical release from an appropriate medical professional. This medical professional must be trained in the evaluation and management of concussions.

Return to play

An athlete will be able to return to activity following the guidelines given by the appropriate medical professional. These guidelines will be enforced and followed by all coaches and members of the athletic department. Prior to starting the return to play guidelines, the athlete must be **100% Symptom Free**.

Any athlete who has a history of multiple concussions or prolonged symptoms may require a longer rehabilitation program. This program should also be developed by an appropriate medical professional