# ***"YOUR ORGANIZATION"*** **Concussion Management Plan**

According to the *Consensus Statement on Concussion in Sport-The 4rd International Conference on Concussion in Sport*, *Zurich 2012,* a Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces.

- Concussion may be caused either be a direct blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head.
- Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
- Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than structural injury.
- Concussion results in a graded set of clinical syndromes that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged.

## Concussion Management Team / Health Care Team

CMT: Identify individuals within your organization that can play a role on this team, and identify what their role with be. (ex- Coach, manager, team first aider, teacher, administrator)

HCT: Identify local health care professionals you can partner with in the management of concussion.
(ex- physiotherapist, athletic therapist, physician, school nurse, physiotherapy clinic, medical clinic)

## Education

Identify when education session will take place. (ex- pre- season meeting, coaches meeting, parents meeting)

Identify who will take part in the education session. (ex- athlete, coach, parents, teachers, administrators)

Identify the goals of the education session. (ex- concussion prevention, recognition, management, return to play and learn)

List the resources you will use. (ex- ThinkFirst handouts, on-line course, posters in team rooms)

## Prevention

Does your sport include protective equipment? (ex- The Health Care Team will work closely with the Equipment Managers to ensure protective equipment should fit properly, be well maintained, and be worn consistently and correctly.)

Identify the resources you will use. (ex- helmet fitting web site)

Proper Technique and Promotion of Fair Play (ex- Teach athletes safe playing techniques, Encourage athletes to follow the rules of play, Encourage athletes to practice good sportsmanship)

Identify the resources you will use. (ex- SBIA pledge, USA Football web site)

Preseason Assessment

- Identify what preseason assessments, if any, your organization will use. (ex- concussion history, cognitive testing, physical testing)

- Identify what tools you will use. (ex- SCAT3)

# Management

1. **Recognize**

(Identify who- CMT, coach, athlete, partent, etc) _____ should be aware of the forces that cause concussion in athletes, and be vigilant in recognizing signs and symptoms of concussion in an athlete who has suffered a blow to the head or body. Any athlete suspected of suffering a concussion must be immediately removed from play.

The (Identify tool- Pocket CRT, clipboard sheet, etc) _____ can be used to evaluate an athlete.

2. **Respond**

*a. Emergency Guidelines*

A hit to the head can sometimes be associated with more serious brain injury. Any of the following warrants activating the Emergency Medical System and urgent transportation to the nearest hospital.

- Unconscious
- Deteriorating mental status (lethargy, difficulty maintaining arousal, confusion or agitation)
- Potential spinal injury (numbness, weakness, spine pain)
- Progressive, worsening symptoms or new neurologic signs

The athlete should <u>not be</u> moved until EMS arrives.
The Emergency Medical System should be activated for any athlete who has symptoms of concussion and their condition is worsening.

*b. Non-Emergency Guidelines*

Any athlete who displays signs, symptoms or behaviours consistent with a concussion must be removed immediately from competition or practice and should not be allowed to return to play until (Identify process- cleared by whom, documentation given to who, etc)

_____

_____

The concussed athlete should be monitored. Before allowing an athlete to leave, care of the athlete must be transferred to a responsible individual (Identify who- parent, guardian, friend)

_____

who is capable of monitoring the athlete and understands the home care instructions. Provide information on concussion and appropriate management and follow up care (Identify resource-

ThinkFirst handout, Concussion Communication Form, etc)

_____

Inform the athlete's parents/guardian that a concussion is suspected. Provide information on concussion and how to monitor and track symptoms at home. Refer the athlete to be evaluated by (Identify who would be acceptable for your organization- physiotherapist, athletics therapist,

physician, etc) _____

*c. Return*

Upon the advice of (Identify who plays this role- health care team, physician, etc) _____ the athlete may be removed from school for a period of time. Once medically cleared by (Identify who can do this for your organization- health care team, physician, school nurse, etc) _____ the athlete can begin the return to learn progression which may include academic accommodations initially. An athlete will not be allowed to return to play when symptomatic. Once the athlete has received medical clearance, the athlete will be allowed to begin the graduated return to play protocol.

## Identify Academic Accommodation resources.

Identify Return to Play progression. (ex- step 1-6 protocol)

Identify Return to Play Resources. (ex- ThinkFirst RTP)

## Specific Needs for YOUR ORGANIZATION