

Clover High School Concussion Awareness Statement



I have read and understand the information provided to me about concussions on the NCAA/CDC Concussion Fact Sheet. I have also received a copy of the Clover High School Concussion Management Plan. I understand that a concussion is a brain injury and there are consequences, including possible death, if I try to hide this injury. By signing this statement, I understand that it is my responsibility to report any symptoms I may be having as soon as possible to a staff certified athletic trainer or my coach, in the absence of a staff certified athletic trainer.

**This form must be completed
in PlanetHS prior to athletic
participation**

Parent/Guardian Signature

Date

Printed Name of Parent Legal Guardian

Student Athlete Signature

Date

Printed Name of Student Athlete

This sheet must be signed by student and parent/Guardian and returned to the Head Coach before student athlete may participate in athletic related activities at Clover High School.

Please keep the attached information for your records.

Clover High School Concussion Management Plan

Clover High School is committed to the prevention, identification, evaluation and management of concussions. Per recent concussion recommendations and state legislation, CHS Athletic Training has developed a plan so any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletics healthcare provider with experience in the evaluation and management of concussions. Those student-athletes diagnosed with a concussion shall not return to activity until medical clearance has been given and a return to play protocol completed.

What is a Concussion?

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can also result from hitting a hard surface as the ground, ice or floor, from players colliding with each other or being hit by a piece of equipment such as a bat or ball.

Signs and Symptoms

Observed by Coaching Staff

Appears dazed or stunned
Confused about assignment or position
Forgets plays
Unsure of game, score or opponent
Moves clumsily
Answers questions slowly
May lose consciousness (even briefly)
Show behavior or personality changes
Can't recall events before hit or fall
Can't recall events after hit or fall

Reported by Student Athlete

Headache or "pressure" in head
Nausea and vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems
Confusion
Does not "feel right"

EDUCATION & ACKNOWLEDGEMENT

- The NCAA Concussion Fact Sheet information has been included as a part of this concussion information packet. Before being allowed to participate in any sport, all CHS student-athletes and their parents must read this document and sign the concussion awareness statement acknowledging that they have read and understand the information and their responsibility to report their injury and illnesses to a staff certified athletic trainer, including signs and symptoms of a concussion.
- Students involved in contact sports specifically football, lacrosse, wrestling, soccer, and also volleyball, cheerleading, basketball, baseball, and softball will be required to complete a baseline ImPACT test with one of the staff certified athletic trainers before their season begins.

One of the staff certified athletic trainers will also come and talk with the teams about concussions and answer any questions before the season starts.

- All staff certified athletic trainers and coaches will be required to comply with the concussion policy that is in place, as well as complete the CDC Concussion Course in accordance with SCHSL rules.

EVALUATION

- High school athletes participating in contact and collision sports (football, volleyball, cheerleading, wrestling, lacrosse, basketball, baseball, softball, soccer) will be provided the opportunity to undergo ImPact baseline testing.
- 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 (or coach in the absence of the athletic trainer) and evaluated by a staff athletic trainer as soon as possible.
- A SCAT2/SCAT3 assessment will be performed by a staff athletic trainer as soon possible after the time of injury for all athletes exhibiting signs, symptoms, or behaviors consistent with concussion.
- All athletes should be evaluated by a physician of the parent's choice trained in concussion management.
- A concussed athlete should regularly report to the athletic training room for assessment of symptoms (ideally each school day). The "Symptom Evaluation" portion of the SCAT2/SCAT3 document will be used to assess existence and severity of symptoms.
- ImPact post-injury testing will be conducted.

RETURN TO PLAY CRITERIA:

- No concussed athlete will return to play on the same day the injury occurred.
- No athlete will participate while symptomatic.
- Once a concussed athlete is asymptomatic the athlete will complete stepwise exertional testing over several days as described in the Zurich Consensus Statement. Upon successful completion of the stepwise program and physician clearance, the athlete may return to play. Impact post-injury test results will be considered by the treating physician and staff athletic trainers in making the RTP decisions.

ACADEMIC CONSIDERATIONS

- Teachers of a concussed athlete (as well as administrators, athletic director, school nurse, and guidance) will be informed of his/her injury and provided with the CDC Concussion Fact Sheet for Teachers. Classroom modifications will be made as appropriate.
- Recommendations by the treating physician for academic modifications will be followed by the classroom teachers of the concussed student.

Management of student athletes suspected of having concussion / brain injury

Any student-athlete experiencing symptoms should report to a staff certified athletic trainer (or coach in absence of the staff athletic trainer) as soon as possible. Any athlete exhibiting signs, symptoms, or behaviors consistent with a concussion shall be removed from athletic activities by a certified athletic trainer (or coach in the absence of the certified athletic trainer) and evaluated by a medical staff member as soon as possible.

Pursuant to South Carolina state law as follows, a student athlete who has been removed from play may return to play if, as a result of evaluating the student athlete on site, the athletic trainer, physician, physician assistant pursuant to scope of practice guidelines or nurse practitioner pursuant to a written protocol determines in his best professional judgment that the student athlete does not have any signs or symptoms of a concussion or brain injury.

- Doctor of Medicine (MD)
- Doctor of Osteopathic Medicine (DO)
- Nurse Practitioner
- Physician's Assistant (PA)
- Certified Athletic Trainer (ATC and/or SCAT)

Anyone not fitting one of the above descriptions is not qualified to determine the status of the concussed student/athlete.

No student-athlete will return to play the same day they sustain a concussion or present with ANY concussion symptoms, until cleared by the appropriate medical professionals.

When a student-athlete sustains a concussion, the following people will be notified and will receive instructions on how to take care of that student-athlete:

- Parents
- Head Coach
- Student-Athlete's teachers (may have trouble in class)

When a student-athlete sustains a concussion, his/her parent will be contacted as soon as possible and both parent and student-athlete will be further educated in concussion management. The "Athlete Information" portion of the SCAT2 will be provided to the parent/student-athlete.

When a student-athlete sustains a concussion, they will be required to complete a SCAT 2/SCAT3 with the certified athletic trainer as soon as possible. Each athlete with a possible concussion will be required to see a doctor to rule out any underlying problems.

After the first evaluation and SCAT2/SCAT3 by the certified athletic trainer, and being seen by a physician, the student-athlete will be required to report to the certified athletic trainer daily to do a symptom check (first portion of SCAT2/SCAT3). The SCAT2/SCAT3 (assessments other than symptom

check) will be performed at the following intervals until they are completely asymptomatic and score at least 90%:

- Within 24 hours of injury
- 72 hours post-injury and every other day after until asymptomatic and score of at least 90% on SCAT2/SCAT3
- ImPACT post-injury testing conducted once asymptomatic; possibly before if still symptomatic

Graduated Return to Play Protocol for the Concussed Athlete The student-athlete will begin the graduated return to play protocol when cleared by the physician, asymptomatic (no symptoms present), and passes the SCAT2 or ImPact as determined by the athletic trainer.

- **Day One:** Low levels of physical activity. This includes walking, light jogging, light stationary biking, and light weightlifting (low weight – moderate reps, no bench, no squats).
- **Day Two:** Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weightlifting (reduce time and reduced weight from typical routine).
- **Day Three:** Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility – with 3 planes of movement.)
- **Day Four:** Sport Specific Practice
- **Day Five:** Full contact in a controlled drill or practice.
- **Day six:** Return to competition

If the student-athlete becomes symptomatic during any stage of the return to play protocol, they will return to day one at least 24 hours after, until completely asymptomatic.

Pursuant to South Carolina state law, a student athlete that has been removed from play and evaluated and is suspected of having a concussion or brain injury may not return to play until the student athlete has received written medical clearance by a physician (MD or DO.)

For additional information on concussion you may visit the following websites:

www.cdc.gov/concussion/HeadsUp/youth.html

www.biausa.org/SC/index.htm

www.nfhs.org/

www.NCAA.org/health-safety

CONCUSSION

A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

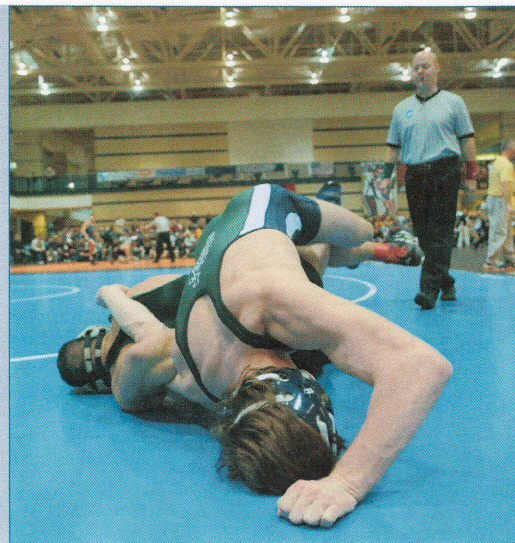
WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don't hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.



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