

Escondido Union High School District

Head Injury/Concussion Procedure and Protocol

A Parent guide

What is a concussion:

A Concussion can be caused by any kind of forceful blow to the head or body that may result in a rapid movement of the head. It is important to recognize that many sport-related head injuries do not result in loss of consciousness and therefore all suspected head injuries must be taken seriously. Coaches and fellow athletes can be helpful in identifying those who may potentially have a concussion, because an athlete with a concussion may not be aware of their condition or may potentially try to hide their symptoms to stay in the game or practice.

Concussion Protocol and

Returning to school and athletic participation following a Head Injury

1. A student athlete suspected of sustaining a concussion will be evaluated by the team's athletic trainer using the standardized assessment of concussion (S.A.C) test and brain base testing system within 72 hours, In the case that an athletic trainer is not present, the coach should immediately contact the athlete's parent/guardian and recommend immediate referral to a physician (MD or DO).
2. Student must have an MD or DO note to return to athletic sport and school. The coach should also report the incident to the athletic director on the athletic trainer to arrange follow up assessment and appropriate compliance with EUHSD guidelines.
3. Notify the site nurse of the concussed athlete by providing a copy of the physician's note. If the doctor has recommended rest periods, they can be provided in the nurse's office. If the doctor has recommended medication for pain, please obtain a medication authorization form to give the nurse the ability to administer medication while at school. Forms are available online at: <http://www.euhd.k12.ca.us/cms/lib07/CA01001539/Centricity/Domain/132/Medication%20authorization%20blank%20year.pdf>
4. A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game will be removed from participation and for the remainder of the day and may not return to play until evaluated by a licensed physician. CIF by law 313 and Assembly Bill 2127.
5. Once student is cleared by a physician and 7 days symptom free the student-athlete will begin gradual return to play protocol. In the event that symptoms come back during Return to play protocol, the student-athlete returns to step one of the Return to play Protocol.

Return to play protocol (24 hours between steps)

1. No physical activity (7 days symptom free)
2. Low levels of physical activity. This includes walking, light jogging, light stationary bike, light weight lifting (lower weight, higher reps, no bench or squat)
3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity stationary biking, moderate-intensity weight lifting.
4. Heavy non-contact activity. This includes high intensity aerobic activity, regular weight lifting routine, non-contact sport-specific drills.
5. Full contact in controlled practice
6. Full contact in game play.

Any grade of concussion, according to AB2127, effective July , 2014, "An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the REMAINDER OF THE DAY, and SHALL NOT BE PERMITTED TO RETURN TO THE ATHLETIC ACTIVITY UNTIL HE OR SHE IS EVALUATED BY A LICENSED HEALTH CARE PROVIDER" Provider initials must be MD or DO.

Student signature

date

Parent signature

date