

CONCUSSION PROTOCOL SIGNS AND SYMPTOMS OF A CONCUSSION

When an employee or coach has reason to believe that a student is exhibiting signs and symptoms of a concussion, it must be reported to the principal. The principal or concussion team will discuss the student's suspected concussion and contact the parents.

The following information reflects signs and symptoms of a concussion.

Student Complaints:

- Headache
- Feels dazed
- Sees stars or flashing lights
- Sees double or blurry
- Loss of vision
- Dizziness
- Feels "dinged" or "stunned"
- Ringing in the ears
- Sleepiness
- Stomach ache/pain/nausea

Thinking Problems:

- Does not know time, date, place, period of game, opposing team, score of game
- Cannot remember things that happened before or after the injury
- General confusion
- Knocked out

Other Problems:

- Poor coordination or balance
- Blank stare/glassy eyed
- Slow to answer questions
- Poor concentration
- Strange or inappropriate emotions
- Vomiting
- Slurred speech
- Easily distracted
- Not playing as well

A recommendation to have the student consult a physician must be made if a concussion is suspected. Return to physical activity can only occur after clearance in writing from a doctor. The written notice must be given and approved by the principal. Once a student has been approved to Return to Play, the following Guidelines must be followed. Each step must take a minimum of one day.

Return to Play Guidelines (after physician approval):

- 1) Light aerobic exercise
- 2) Sport specific exercises (i.e. running, throwing) with no jarring motion for 20-30 minutes.

- 3) On court/field/ice activities such as ball drills, shooting drills and other NO CONTACT drills.
- 4) Begin drills with body contact.
- 5) Game play.
- 6) If symptoms persist, the student must consult a physician.