

Halifax Area School District

Concussion and Traumatic Brain Injury Information Sheet

Beginning with the 2011/2012 school year Halifax Area School District (HASD) has adopted the Concussion Management Policy (Board Policy #123.2) on athletic concussions based on research from the 3rd International Conference on Concussion in Sport. HASD realizes that not all concussions or athletes are similar and each injury needs a different plan of care; however the Sports Medicine Team will try to maintain a certain standard of care set forth by this policy. HASD will also be using the Impact Test to further assess post-concussion brain function.

Definition of a Concussion: A concussion is a disturbance in brain function caused by a direct or indirect force to the head. It results in a variety of nonspecific symptoms and often does not involve loss of consciousness. A concussion should be suspected in the presence of any one or more of the following:

- Symptoms (such as headache), or
- Physical signs (such as unsteadiness), or
- Impaired brain function (e.g. confusion) or
- Abnormal behavior

Grading a Concussion: Any disturbance in brain function will be labeled as a concussion until all signs and symptoms are resolved and the student-athlete is cleared to return to play. Only then will a concussion be labeled as mild, moderate, or severe.

Returning to Play: All student-athletes will be tested for his/her ability to return to play once they are symptom free. The student-athlete must be symptom free without medication. When the student-athlete is symptom free, he/she will take the post-injury Impact Test to see if brain function is back to baseline. Once the student-athlete is back to baseline with the Impact Test AND he/she has received clearance from a physician (MD or DO), he/she must complete the following guidelines without any return of signs and symptoms.

1. Light aerobic exercise
2. Sport-specific exercise
3. Non-contact training drills
4. Full contact practice
5. Full return to competition

If any signs or symptoms return at any point of the guidelines listed above, the student-athlete will not be permitted to participate until he/she is symptom free and has returned to baseline with the Impact Test. No athlete may return to competition within the first seven days of receiving a concussion.

I have read and understand the Concussion Management Policy set forth by the School Board of Halifax Area School District and agree to the protocol set forth in this policy.

Signature of Athlete

Date

Signature of Parent

Date