

# Rumsey Hall School Concussion Management Plan



## EDUCATION & ACKNOWLEDGEMENT

- The CDC's "Concussion Fact Sheet for Parents" (Form A) and the Rumsey Hall School Concussion Management Protocol will be available on the schools' website.
- RHS student-athletes will be educated on the Rumsey Hall School Concussion Management Protocol. Each student-athlete will acknowledge that they understand the information and that it is their responsibility to report any injury and/or illnesses to the athletic trainer, including signs and symptoms of a concussion.
- All appropriate administration and faculty members at Rumsey Hall School will be educated in concussions and concussion management.
- When a student-athlete is concussed his/her parent may be contacted. Both parent and student will be further educated in concussion management. The "Concussion Injury Advice" portion of the SCAT3 form will be provided to the parent of a day student and to the dorm parent of a boarding student (Form B).
- Any concussion injury that occurs outside of Rumsey Hall School must be reported to the health center as soon as possible.

## EVALUATION

- Any student-athlete experiencing symptoms should report to the athletic trainer as soon as possible.
- Any student-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 medical staff member (athletic trainer or school nurse) as soon as possible.
- A SCAT3 assessment (Form B) will be performed by the athletic trainer as soon as possible after the time of injury for all student-athletes exhibiting signs, symptoms, or behaviors consistent with concussions.
- All concussed student-athletes should be evaluated by Rumsey Hall Schools' medical director, or the physician of the parent's choice trained in concussion management.
- A concussed student-athlete should regularly report to the athletic training room for assessment of symptoms (ideally each school day). The "Symptom Evaluation" portion of the SCAT3 (Form B) document will be used to assess existence and severity of symptoms.

## RETURN TO PLAY CRITERIA

- No concussed student-athlete will return to play on the same day the injury occurred.
- No student-athlete will participate while symptomatic.
- Once a concussed student-athlete is asymptomatic without medication and has no academic modifications the athlete may complete stepwise exertional testing over several days as described in the Gradual Return to Play Protocol (included in Form C) if noted by the medical doctor or deemed necessary by the athletic trainer. Upon successful completion of the stepwise program and/or physician clearance (Form C), the student-athlete may return to play.

## ACADEMIC CONSIDERATIONS

- Teachers of a concussed student (as well as school nurse, advisor and administrators) will be informed of his/her injury. 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.
- A Concussion Management Team (CMT) meeting will be called in the event symptoms do not resolve in a timely fashion or is deemed necessary by the athletic trainer or school nurse.

## Rumsey Hall School Concussion Management Protocol



- Concussion Education
- Concussion Signs & Symptoms – EMS or ER Referral?
- Athlete removed from play
- SCAT3 assessment by Athletic Trainer (AT) – Parents notified as necessary
- Medical Doctor (MD) initial evaluation if necessary – Follow MD written orders for accommodations
- Administrators/Faculty notified as necessary
- Athlete reports to AT for daily assessment
- **Asymptomatic X 24 Hours:** with no medication or academic accommodations
  - Physician evaluation and completion of Form C needed for sports clearance
  - Gradual Return to Play Protocol if noted by MD or deemed necessary by AT
- **Symptomatic:**
  - MD follow-up appointments and written guidelines
  - Athlete reports to AT for daily assessments until asymptomatic