

## Concussion Protocol

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion (see below – Washington State Health Care Providers).

Once a concussion has been assessed:

- The parent/guardian of the student-athlete will be notified and discuss options and explain LW's Concussion Program
- The school will be notified and specific individuals will be informed (student's counselor, student's teachers, school's nurse and school's Athletic Director)
- Injury report will be filled out and turned into the school
- If applicable – a SCAT3 will be filled out and kept on file with the Athletic Trainer
- A symptom check-list will be updated and entered on a daily bases from the student-athlete. This enables the Athletic Trainer to track the athlete's progression or regression. (Checklist may not always be entered daily and will be on the digression of the Athletic Trainer).

If the student-athlete has sustained a concussion while off-site or at an away sporting event, the Lake Washington High School's Athletic Trainer will still perform an evaluation on this student-athlete as soon as the student-athlete can meet with the Athletic Trainer for a follow-up. Coaches are responsible to make sure the student-athlete see either the home Athletic Trainer (on away sporting events if there is one on site), or have the student-athlete see the Lake Washington High School's Athletic Trainer as soon as possible.

All coaches go through district training on concussions and will follow the guidelines that they were provided to them through their training.

The student-athlete will see the Athletic Trainer to "check-in" and fill out any symptom checklist (if necessary) on a daily basis throughout the normal school week. On special occasions, the Athletic Trainer will follow-up with the student-athlete and provide them with an online link to fill out an online symptom checklist over the weekend.

If student-athlete's symptoms worsen or show no major improvement within a week, the Athletic Trainer will be in contact with the parent/guardian to discuss further options for care.

If student-athlete progresses to NO symptoms (or little-to-no symptoms deemed appropriate to move forward), Return to Play (RTP) program will be initiated:

- Student-Athlete will be advised to visit a Health Care Provider (see below) to receive a clearance note stating that they are allowed to start their return to sport - (This needs to be done prior to stage #4 on RTP program)
- Stage #1: Full 24 hours of being asymptomatic
- Stage #2: Cardio workout (Mild-Moderate cardio output – 20/30 minutes)
- *If the Athlete has taken the IMPACT test, they will take the Post-Test and results will be sent to our neurologist. Neurologist will provide their feedback how their results impact the RTP program.*
- Stage #3: Functional activities dealing with specific sport activities/weight training
- Stage #4: Partial practice – No impact activities\*
- Stage #5: Full practice – no limits\*
- Stage #6: If no symptoms arise from any of these step, the student-athlete has full clearance on this step.

*\*Depending on the sport or position, some stages may be altered slightly to better suit that athlete's sport/position.*

**FULL CLEARANCE BACK TO SPORTS:**

IMPACT Testing, Doctor's Note and clearance from all RTP Stages must be completed before return to play is cleared by Lake Washington High School's Athletic Trainer.

## **IMPACT NEUROLOGICAL TESTING**

### **IMPACT**

(Immediate Post-Concussion Assessment and Cognitive Testing)

Lake Washington uses Immediate Post-concussion Assessment and Cognitive Testing (ImpACT™), a computer-based evaluation for sports concussion. A pre-concussion ImpACT test helps establish baseline cognitive functioning. This baseline can be compared to post-concussion testing if the athlete suffers a head injury later.

All tests are evaluated by a trained IMPACT Neurologist and the reports are then sent back to Lake Washington High School's Athletic Trainer to use as part of their assessment and management tools for safe return of all of our student-athletes.

Lake Washington School District has started the utilization of IMPACT testing with our student-athletes started in the Fall of 2015. Specific sports will be tested during the first year. In 2016, all sports will be tested. Testing on athletes will only need to be done every 2 years after initial testing. Prior to the student-athletes sport season, the Lake Washington High School's Athletic Trainer will arrange testing time in the schools computer lab to test the athletes. By 2016, Lake Washington High School will mandate that all athletes that need to take the IMPACT test must take the test PRIOR to turning out for their sport. Athletes will not be allowed to participate until the IMPACT test has been taken and recorded as a valid test. Test that occur as INVALID will need to be re-taken after a 24 hour period as lapsed.

## **WASHINGTON STATE HEALTH CARE PROVIDERS FOR CONCUSSION MANAGEMENT**

Washington State Health Care providers trained to are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play.

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physicians Assistant (PA)
  
- *Licensed Certified Athletic Trainers (LAT, ATC) - still needs a clearance note from one of the Health Care providers named above to move forward for RTP.*

## ZACKARY LYSTEDT LAW

### **RCW 28A.600.190**

#### **Youth sports — Concussion and head injury guidelines — Injured athlete restrictions — Short title.**

(1)(a) Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The centers for disease control and prevention estimates that as many as three million nine hundred thousand sports-related and recreation-related concussions occur in the United States each year. A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death are significant when a concussion or head injury is not properly evaluated and managed.

(b) Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness, but the vast majority occurs without loss of consciousness.

(c) Continuing to play with a concussion or symptoms of head injury leaves the young athlete especially vulnerable to greater injury and even death. The legislature recognizes that, despite having generally recognized return to play standards for concussion and head injury, some affected youth athletes are prematurely returned to play resulting in actual or potential physical injury or death to youth athletes in the state of Washington.

(2) Each school district's board of directors shall work in concert with the Washington interscholastic activities association to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.

(3) A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.

(4) A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to play is not liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.