

Byram Hills Central School District
Department of Athletics / Department of Health Services
12 Tripp Lane
Armonk, NY 10504

SPORT-RELATED CONCUSSION GUIDELINES

GOAL: To assess severity of injury and guide the safe return to participation in sports and physical education.

PROCEDURE:

STEP 1. Subsequent to head injury, the Coach and/or Athletic Trainer or Clinical Staff will:

- a. Remove athlete from play.
- b. Coach/trainer completes “Concussion Signs and Symptoms Checklist” to assess injury if a medical provider is not present.
- c. **If concussion is suspected or confirmed, the following steps are followed:**
 1. Get emergency medical care as needed.
 2. Inform the athlete’s parent/guardian and the health office about the known or possible concussion and circumstances. Student/Athlete remains under adult/coach supervision until released to the student/athlete’s guardian.
 3. The coach or trainer completes an Incident Report.
 4. The student/athlete cannot return to sport or physical education until health care practitioner provides a note. This is to be returned to the Health Office for review by the School Nurse and concussion management team, as necessary.
 5. Perform first post-injury ImPACT test 24-72 hours or as soon as possible after injury.
 6. If a “NO Concussion” diagnosis is made by the medical provider, the student is without symptoms for 24 hours, and the repeat ImPACT test is comparable to baseline, the concussion management team will determine when the student may start the return to play. ****In most cases, this process will take a minimum of 7 days to return an athlete to play.**
 7. In cases in which the status of the student is uncertain, it will be up to the School Physician to grant final clearance of the athlete.

STEP 2. Concussion Management:

- a. **First Concussion:**
 1. Athlete must be medically cleared by their medical provider.
 2. Symptom-free for 24 hours (regardless of date of injury) and ImPACT post injury scores are comparable to baseline scores.
- b. **Second Concussion (defined within 12 months from the first concussion):**
 1. Athlete must be medically cleared by their medical provider.
 2. Athlete must be symptom-free for 7 consecutive days and ImPACT post-injury scores are comparable to baseline scores.
- c. **Third Concussion (a third concussion within a 12 month period):**
 1. Athlete must be medically cleared by their medical provider.
 2. Symptom-free for a minimum of 30 consecutive days and ImPACT post-injury scores are comparable to baseline scores.
 3. The School Doctor may request evaluation by a specialist.

STEP 3. When the student is medically cleared, the student begins the “Return to Play” protocol under the direction of the Athletic Trainer. The School District Physician determines final clearance of the student.

Approved: _____ Date: _____