

Crisp County High School\Crisp Regional Hospital



Concussion Prevention / Management

Athletes playing collision and contact sports are required to complete a neurocognitive functional test to determine their baseline score Concussion Vital Signs at the beginning of the season. All other athletes may be tested if requested.

Concussion Vital Signs Baseline Testing

Concussion Vital Signs is a computerized evaluation system used to evaluate the effects and severity of [concussion](#) and injury recover progress and help determine when it is safe for the athlete to return to contact sports following a concussion.

With Concussion Vital Signs, the Licensed Athletic Trainer and/or Team Physician efficiently collect and store pre-season baseline data on the athletes' neurocognitive functional state by having them take a 20-minute computerized test that measures brain processing, speed, memory and visual motor skills. This baseline session takes place at the beginning of the athletic season before any physical contact is sustained before regular season games begin. If an athlete experiences a concussion during the season, he or she is re-tested and the baseline neuropsychological data is compared to post-concussion data to help determine the athlete's post-concussion neurocognitive status and when it is safe for the player to return to active sports.

SPORT CONCUSSION MANAGEMENT PROTOCOL with BASELINE DATA

Baseline Testing

Concussion History
Concussion Vital Signs Test
Post-Concussion Symptom Scale (PCS)
BESS [When possible]

Suspected Concussion (during practice or game)

Remove from play for entire game
Sideline Mental Status Exam
NEUROLOGICAL EXAM
 Cranial nerves, coordination, motor functioning
BESS – if baseline data is available
 If there is LOC, amnesia, or if confusion lasts more than 5 minutes contact Team Physician for determination of medical care
Assess concussed player every 5 minutes to determine if signs and symptoms become worse or improving. If symptoms worsen, seek medical advice.
Provide Head Injury Information Hand-out

Next School Day

Observe and Evaluate Athlete
Post Concussion Testing (If recommended by overseeing physician or athletic trainer)
BESS – if baseline data is available
Email data to Team Physician (if requested)
If all scores or symptoms have returned to baseline, begin Exertional testing (see below)

Day 3 (72 hours after concussion)

PCS
BESS – if baseline data is available
Post Concussion Testing– only if PCS and BESS have returned to baseline
If all scores or symptoms have returned to baseline, begin Exertional testing (see below)
Report scores to Team Physician
Neuropsychology Appointment if scores are not at baseline (determined by Team Physician or local Neurologist/Neurosurgeon)

1 Week s/p concussion (testing frequency from this point on determined by Team Physician)

PCS
BESS – if baseline data is available
Post Concussion Testing– only if PCS and BESS have returned to baseline
If all scores or symptoms have returned to baseline, begin Exertional testing (see below)
Report scores to Team Physician
Neuropsychology Appointment if scores are not at baseline (determined by Team Physician or local Neurologists/Neurosurgeon)

Exertional Testing Protocol

At each level, if no symptoms develop, proceed to next level. If symptoms develop at any level, stop testing. Wait 24 hours to resume protocol at the last level athletic completed without symptoms.

Day One: Cycle x 10 minutes, keep heart rate less than 130 bpm
Cycle x 30 minutes, at 85-90% maximum heart rate
Light run x 10 minutes

Day Two: Run full speed at maximum heart rate (anaerobic testing)
Non-Contact Practice Drills

Day Three: Weight Training Light Practice – Helmet and Shoulder Pads (Light contact)

Day Four: Full Contact Practice

Day Five: Game Play

SPORT CONCUSSION MANAGEMENT PROTOCOL WITHOUT BASELINE DATA

If an athlete suffers a concussion and there is not any baseline data, the athlete will still follow the same policy above. The athlete will be evaluated every other day. Once the athlete is symptom-free for a 24 hour period, Exertional testing may be performed as directed by the Team Physician or overseeing Neurologist.

SPORT CONCUSSIONS INCURRED DURING OFF-SEASON

If an athlete suffers a concussion while out of season, the athlete is not covered by Crisp County High School. The parent can request the athlete be tested on the baseline concussion software. The scores will then be given to the parent or sent to a physician for follow up care.