

CRISP COUNTY HIGH SCHOOL\CRISP REGIONAL HOSPITAL

Concussion Guidelines

- I. COUGAR ATHLETICS SPORT CONCUSSION MANAGEMENT MINIMUM REQUIREMENTS**
- A. **BASELINE NEUROCOGNITIVE TESTING** - ALL athletes in a high risk Sport in Crisp County High will be baseline neurocognitive (NC) tested using Concussion Vital Signs. If the schools resources allow it other athletes may be tested at the request of a school official, the coach, parent, or student.
1. Mandatory testing will occur for:
 1. Football
 2. Cheer
 3. Basketball
 4. Soccer
 5. Wrestling
 6. Baseball
 7. Softball
 2. In the mandatory testing sports baseline testing will be done for...
 1. ALL freshmen
 2. ALL juniors
 3. ALL new athletes to your school
 3. This must be done before the first official football game, within the first 2 weeks of cheerleading, or 1st official game\match game for all other sports.
- B. **SUSPECTED CONCUSSION** - If a concussion is suspected by an official, coach, or teammate...
1. Remove player from game until the certified athletic trainer or team physician can assess the athlete's status.
 1. Sideline mental status exam (SCAT2 or other)
 2. If findings are consistent with a concussion continue to step 2
 3. If the findings are not consistent with a concussion they may be returned to play **ONLY** by the team physician or certified athletic trainer.
 2. These steps may be performed in any order, but **BOTH** must be completed before moving on to step 3
 1. Refer to an appropriate Health Care Professional. In Georgia, An "appropriate health-care professional" must be determined by each school district with respect to state laws and local preferences. Such individuals should be knowledgeable in the evaluation and management of sports-related concussions and may, depending on controlling law, include MDs, DOs and certified athletic trainers
 2. Post concussion test (#1) protocol within 24-72 hours (or as soon as possible if weekend)
 - a. Get a current symptom score
 - b. Take a post-concussion NC test
 - c. Compare scores to baseline scores (may be done by neuro-psychologist if available)
 3. Consult with team physician regarding post-concussion NC scores & make a return to participation decision.
 1. If return to participation is advised follow your return to play guidelines outlined in section "C".
 2. If return to participation is not advised. The athlete should be retested after 2-3 days symptom free or 1 week after first NC post-injury test. Retesting should then take place as advised by the team physician until all symptom scores & performance scores have no statistically differences in scores when compared to baseline test
- C. **RETURN TO PLAY (RTP) GUIDELINES**
All RTP guidelines should include the following parts:
1. 1. No activity
 2. 2. Light aerobic
 3. 3. Sport-specific
 4. 4. Non-contact training
 5. 5. Full contact practice
 6. 6. Return to play
- D. **THERE IS NO SPECIFIC AMOUNT OF TIME TO HOLD AN ATHLETE OUT AFTER A CONCUSSION.**
- E. **CLEARANCE FROM A CONCUSSION WILL TAKE AS LONG AS IT TAKES TO GUARANTEE THE SAFETY OF EACH STUDENT ATHLETE.**