



Seven Oaks School Division Middle School Student Athlete

# CONCUSSION PROGRAM ASSESSMENT & RETURN TO PLAY PROTOCOL



## TO WHOM DOES THIS PROTOCOL APPLY?

With the goal of providing safe, positive athletic experiences, each participating MY student athlete, parent and coaching (school) staff member should become aware with the SOSD MY Concussion Program and the Protocol outlined below. All SOSD Concussion Program information can be found at [www.7oaks.org](http://www.7oaks.org).

If a student is diagnosed with a concussion acquired during an out of school activity, the same protocol would imply as if the injury were to have happened during a SOSD activity. They aren't to return to play or practice without a doctor's recovery prescription or clearance letter.

Most recovery periods will last 1-4 weeks. The timeline is based on symptoms and signs. Persistent symptoms and signs may require additional medical assessment and management.	<b>STEPS OF ASSESSMENT , PROTOCOL MEASURES &amp; ACTIONS</b>																							
	<ul style="list-style-type: none"> <li>In the event a student has a confirmed concussion, diagnosed by a medical doctor, they are not to participate in any SOSD activities until they receive and present a clearance letter from a medical doctor, preferably the same medical doctor that made the original diagnosis. This applies whether the injury occurred during a SOSD activity or not. We as divisional staff members will not know of every injury acquired outside of school, though if we do know of a concussion, we must follow the protocol below.</li> </ul>																							
	<ul style="list-style-type: none"> <li>In the event you believe a player may have sustained a concussion during your activity, game or practice, then that player must be immediately removed from the game or practice. You are not a doctor or an athletic therapist but you are an informed coach.</li> </ul>																							
	<ul style="list-style-type: none"> <li>After the player has been removed from the game or practice for a period of time, check and assess using your best judgement, watching for these symptoms.</li> </ul>																							
	<p style="text-align: center;"><b>SYMPTOMS</b></p> <table border="0"> <tr> <td>• Headache</td> <td>• Blurred vision</td> <td>• More emotional</td> <td>• Difficulty concentrating</td> </tr> <tr> <td>• "Pressure in head"</td> <td>• Sensitivity to light</td> <td>• More Irritable</td> <td>• Difficulty remembering</td> </tr> <tr> <td>• Balance problems</td> <td>• Sensitivity to noise</td> <td>• Sadness</td> <td>• Feeling slowed down</td> </tr> <tr> <td>• Nausea or vomiting</td> <td>• Fatigue or low energy</td> <td>• Nervous or anxious</td> <td>• Feeling like "in a fog"</td> </tr> <tr> <td>• Drowsiness</td> <td>• "Don't feel right"</td> <td>• Neck Pain</td> <td></td> </tr> <tr> <td>• Dizziness</td> <td></td> <td></td> <td></td> </tr> </table>	• Headache	• Blurred vision	• More emotional	• Difficulty concentrating	• "Pressure in head"	• Sensitivity to light	• More Irritable	• Difficulty remembering	• Balance problems	• Sensitivity to noise	• Sadness	• Feeling slowed down	• Nausea or vomiting	• Fatigue or low energy	• Nervous or anxious	• Feeling like "in a fog"	• Drowsiness	• "Don't feel right"	• Neck Pain		• Dizziness		
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	<ul style="list-style-type: none"> <li>If symptoms are present, then the player must be removed from the game or practice for the rest of the activity. Even if the player comes to you after the fact and tries to convince you that they are now ok.</li> <li>Parental influence will not play a role.</li> <li>You are the coach and have this responsibility.</li> <li>If the doctor reports no concussion, then you've erred on the side of caution and no harm has been done.</li> </ul>																							

- The player’s parents, if not present, are to be contacted and notified of the situation and each symptom.
- Parents must be recommended to see a professional medical doctor. ie: Walk in clinic or their family GP.
- Inform the parents at this time that the player will also require a doctor visit and clearance letter upon completion of the recovery process. (in the event a concussion is confirmed by the doctor).
- This will eliminate any “we have to go back?” responses at the end of the recovery process.

- That player is **NOT** to return to practice or game play until a doctor has been seen.
- If a parent does not take the player to see a medical doctor, then the player **WILL NOT** return to play until they have done so and follow the following protocol.
- If the doctor assesses that the player, in fact, **DID NOT** sustain a concussion, then you’ve followed the protocol and the player is cleared to return to participation.
- If the doctor does assess that the player **HAS** sustained a concussion, then the doctor’s recovery prescription ( 6 stages of recovery ) must be followed.
- It is the responsibility of the parent to make sure the player is following the doctor’s recovery prescription (6 stages of recovery) but it is also the responsibility of the coach to monitor and follow the player’s recovery process as well, parental communication.

#### Stage 1: Symptom-limiting activities

After an initial short period of rest of 24 to 48 hours, light cognitive and physical activity can begin, as long as these don’t worsen symptoms. You can start with daily activities like moving around the house, simple chores, and gradually introducing school and work activities at home.

#### Stage 2: Light aerobic activity

Light exercise such as walking or stationary cycling, for 10 to 15 minutes. The duration and intensity of the aerobic exercise can be gradually increased over time if symptoms don’t worsen and no new symptoms appear during the exercise or in the hours that follow. No resistance training or other heavy lifting.

#### Stage 3: Individual sport-specific exercise with no contact

Activities such as skating, running, or throwing can begin for 20 to 30 minutes. There should be no body contact or other jarring motions, such as high-speed stops or hitting a ball with a bat. No resistance training.

#### Stage 4: Begin training drills with no contact

Add in more challenging drills like passing drills. There should be no impact activities (no checking, no heading the ball, etc.). Start to add in progressive resistance training.

#### Stage 5: Full contact practice following clearance by a doctor.

#### Stage 6: Return to Sport

Full game play or competition.

- If the doctors recovery prescription ( 6 stages of recovery ) has been completed, after all set backs and **no further concussion symptoms or signs are present**, then the **athlete must receive an official clearance letter** from their same medical doctor stating they have been cleared to Return-To-Play. (note: some doctors might not have traditionally required this step as part of the recovery process but please be aware this is a **NECESSARY** step in the SOSD Concussion Protocol.