

Lexington High School Concussion Management Plan

EDUCATION & ACKNOWLEDGEMENT

- A concussion fact sheet will be available as a part of the education process of athletes and their parents. Before being allowed to participate, they must read the concussion fact sheet and a parent must sign the concussion awareness statement acknowledging that they have read and understand the information on the fact sheet and this management plan and understand their responsibility to report their injury and illnesses, including signs and symptoms of a concussion, to a staff athletic trainer.
- Staff athletic trainers and coaches will complete the CDC Concussion Course in accordance with SCHSL rules.
- When an athlete is concussed, an attempt to contact his/her parent will be made as soon as possible. Both parent and athlete should have further education in concussion management, including but not limited to the "Athlete Information" portion of the SCAT2 Form and/or individual advice from the athletic training staff on concussion signs, symptoms, and care.

EVALUATION

- Any athlete experiencing symptoms should report to the athletic training staff as soon as possible.
- Athlete exhibiting signs, symptoms, or behaviors consistent with concussion shall be removed from athletic activities by an athletic trainer (or coach in the absence of the athletic trainer) and evaluated by a medical staff member (staff athletic trainer or team physician) as soon as possible.
- A physical examination with a battery of neurological tests or a SCAT2 Assessment will be performed by a staff athletic trainer as soon as possible after the time of injury for all athletes exhibiting signs, symptoms, or behaviors consistent with concussion.
- All concussed athletes will be evaluated by a Lexington High School team physician or a physician of the parent's choice (a physician trained in concussion management is strongly recommended).
- A concussed athlete should regularly report to the athletic training room for assessment of symptoms (ideally each day). The "Symptom Evaluation" portion of the SCAT2 document will be used to assess symptoms and severity of symptoms. Complete SCAT2 assessments may also be evaluated periodically to monitor recovery.

RETURN TO PLAY

- No concussed athlete will return to play the same day.
- An athlete who has been removed from play may return to play if, as a result of evaluating the athlete on site, the athletic trainer or team physician determines in his/her best professional judgment that the athlete does not have any signs or symptoms of a concussion or brain injury.
- Once a concussed athlete is asymptomatic, the athlete will undergo stepwise exertional testing administered by the athletic training staff. Upon successful completion of the stepwise testing and the physician's written clearance, the athlete may return to play.

OTHER CONSIDERATIONS

- The school nurse will be notified by a staff athletic trainer of a concussed athlete. The school nurse will notify the athlete's guidance counselor, who will, in turn, notify the athlete's teachers. A concussion fact sheet and/or a list of classroom accommodations will be provided as needed.
- This plan will be reviewed annually by the LHS Concussion Policy Team, which consists of the athletic training staff, the principal (or her designee), athletic director, school nurse, and a team physician.