



Concussion Response Procedures

(How Holy Angels responds when a student sustains a concussion)

When a student sustains a concussion, there are a series of steps that all members of the Concussion Team (student, parent, teacher, nurse, athletic trainer, and guidance counselor) must perform in order to help the child to recover from his or her injury. Communication is the key in helping the child through this process.

1. When a concussion is suspected:
 - a. If the athletic trainer indicates that the student may have a concussion, the parent should make an appointment with a physician right away.
 - b. If the concussion is not Holy Angels Activities related, and the student has not been seen by the trainer, directives from a doctor are required to attain any accommodations from the school.
2. The parent should go to the school website www.academyofholyanfels.org > Academics > Guidance and Counseling and print out the Generic Release Form so that the school may speak directly to a physician. The release needs to be signed by a parent and be on file at both the doctor's office and at the school.
3. After the student has been diagnosed by the physician, the parent should bring in or fax the directive from the doctor regarding accommodations that are needed.

After the student has a diagnosis of a concussion, the following protocol will be followed in the absence of, or in addition to, directives from a doctor.

Phase 1:

- A. The student will be expected to stay home with complete rest for the first two days following a concussion (If a concussion happens on a weekend, those days will be considered). Complete rest includes no computer, reading, television, work at outside jobs, participation in any physical activities, or other brain stimulation.
- B. On day three, the guidance counselor will request of teachers that all non-essential assignments be eliminated from the course load for 7 days (including the 2 days missed).

Phase 2:

- A. Students are not allowed to participate in physical education and will be excused from the make-up writing assignment of PE for those 7 days.
- B. When students require accommodations beyond 7 days, they may be asked to drop physical education from their schedule.
- C. The student should report to the nurse each day to keep him/her informed of headaches, future doctor's appointments, etc.

Phase 3:

- A. The student fully integrates back into school.
- B. Students will have two weeks, following the week of rest, to make up essential work.
- C. Guidance may move the student into a Response to Intervention study hall to help the student get back on track.

The MSHL Concussion Addendum Management follows:



2011-2012

MSHSL ELIGIBILITY BROCHURE CONCUSSION MANAGEMENT ADDENDUM

(updated 8/8/2012)

Students: Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of Minnesota State High School League rules which govern your participation. Complete regulations are found in the MSHSL Official Handbook which is available at each member high school and which is also posted on the MSHSL Web site: www.mshsl.org. Please keep this brochure for reference, and if there is a question about any rule interpretation, **CONTACT YOUR SCHOOL PRINCIPAL OR ATHLETIC/ACTIVITIES DIRECTOR.**

I understand that once I sign the eligibility statement all eligibility rules apply:

- Twelve (12) months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement.

Parents/Guardians: REVIEW the following rules with your son or daughter. Your role in stressing the value of following these rules cannot be overstated.

General Student Eligibility Checklist (must be completed by all students) (If you cannot check all 7 items, see your athletic/activities director or principal)

- _____ 1. Making academic progress toward graduation.
- _____ 2. Will not have turned 21 before the start of the season in which I participate.
- _____ 3. Have not dropped out of school or repeated a grade while in high school.
- _____ 4. Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids.
- _____ 5. Have not and will not violate the racial/religious/sexualharassment/violence/and hazing bylaws of the MSHSL.
- _____ 6. I agree to fully cooperate in any investigation honestly and truthfully.
- _____ 7. **Both the student and parent have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website: www.cdc.gov/concussion**

Athletic Eligibility Checklist (must be completed by all athletes) (If you cannot check all 5 items, see your athletic/activities director or principal)

- _____ 1. Physical exam within the last three (3) years on file with the school.
- _____ 2. Have not transferred schools.
- _____ 3. Will not participate in more than six (6) seasons in any sport in grades 7-12.
- _____ 4. Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
- _____ 5. have not and will not compete in non-school events in my sport after reporting for the school team.

INFORMED CONSENT: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

2011-2012 MSHSL Eligibility Brochure—Concussion Addendum

Newly passed Minnesota Statute 121A.323 and Minnesota Statute 121A.045 effective for the 2011-2012 school year, now requires the MSHSL to make information and training available about the nature and risks of concussions, including the effects of continuing to play after receiving a concussion, for all student athletes and their parents or guardians.

This information shall include protocols and content consistent with current medical knowledge from the Centers for Disease Control and Prevention, related to:

- The nature and risks of concussion associated with athletic activity;
- The signs, symptoms, and behaviors consistent with a concussion;
- The need to alert appropriate medical professionals for urgent diagnosis and treatment when a student athlete is suspected or observed to have received a concussion; and
- The need for a student athlete who sustains a concussion to follow proper medical direction and protocols for treatment and returning to play.

Additionally, the provisions of this law require a record to be kept indicating every student athlete and his or her parent or legal guardian were provided information about the nature and risk of concussions. The MSHSL Eligibility Statement will serve as the confirmation document.

Currently, parents and students must sign the MSHSL Eligibility Brochure each year prior their participation in MSHSL Varsity, Junior Varsity or "B" Squad activities. The form has had an Informed Consent section for the past several years, and the information will now meet the requirements of the statute effective with the fall of the 2011-2012 school year.

If your school's Eligibility Brochure has already been sent to your students, an addendum signed by the student and the student's parents must be attached to the Eligibility Brochure when the Brochure is submitted to the school prior to each sport season. Students and their parents or guardians must review the information in this document and submit a signed 2011-2012 MSHSL Eligibility Statement—Concussion Addendum to the school administration.



CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES

Acute injury

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

Return to play protocol

Return-to-play decisions are complex. An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if he/she continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

The return to play after a concussion follows a stepwise process:

1. No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

For more information please refer to the references listed below and www.concussionsafety.com.

Signs Observed By Coaching Staff

Appears dazed and stunned
 Is confused about assignment or position
 Forgets sports plays
 Is unsure of game, score, or opponent
 Moves clumsily
 Answers questions slowly
 Loses consciousness (even briefly)
 Shows behavior or personality changes
 Can't recall events prior to hit or fall
 Can't recall events after hit or fall

Symptoms Reported By Athlete

Headache or "pressure" in head
 Nausea or vomiting
 Balance problems or dizziness
 Double or blurry vision
 Sensitivity to light
 Sensitivity to noise
 Feeling sluggish, hazy, foggy, or groggy
 Concentration or memory problems
 Confusion
 Does not "feel right"

2011-2012 MSHSL ELIGIBILITY STATEMENT

CONCUSSION MANAGEMENT ADDENDUM

Statement to be signed by the participant from a MSHSL member school and by the participant's parent or guardian

Please check all items

- I have read, understand, and acknowledge receiving the 2011-2012 MSHSL Eligibility Brochure, which contains only a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official Handbook of the MSHSL is on file with the senior high school athletic director and or principal and that I may review it, in its entirety, if I so choose. The Official Handbook and MSHSL bylaws are also posted on the MSHSL Web site: www.mshsl.org under Handbook.
- We, the student and parent, have reviewed Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and on the following website: www.cdc.gov/concussion**
- I understand that once I sign the eligibility statement all eligibility rules apply:
 - Twelve (12) months of the year;
 - Whether I am currently participating or not;
 - Continuously from the first signing of the statement through the completion of my high school eligibility.
- I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletics/activities a school may sponsor and that local rules may be more stringent, and penalties more severe, than MSHSL rules.

STUDENT CODE OF RESPONSIBILITIES

- As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:
 - I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
 - I will be fully responsible for my own actions and the consequences of my actions.
 - I will respect the property of others.
 - I will respect and obey the rules of my school and the laws of my community, state and country.
 - I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty for MSHSL Bylaw violations.
- Informed Consent:* By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Herpes and Hepatitis B and others. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**
- I consent to the athletic trainer or coach treating injuries and authorize them to discuss those injuries with and release any applicable medical information or records relating to those injuries to coaches, school staff and other qualified health care providers as deemed necessary within their scope of practice.
- I further understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.
- By signing this we acknowledge that we have read the information contained in the MSHSL Eligibility Brochure and Statement.
- I/we acknowledge the electronic signature confirms I/we have read and reviewed the information contained in the contents of the Eligibility Brochure and Statement. I/we also acknowledge this electronic signature has the same legal effect, validity, and enforceability as a signature in a non-electronic form.

The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student/parent understands and agrees that public information shall include names and pictures of students participating in or attending extra-curricular activities, school events, and High School League activities or events.

Student's Printed Name

Birth Date

Grade in School

Student's Signature

Date

Parent's or Guardian's Signature

Date