

Karns City Sports Medicine Concussion Management Plan

The Karns City Area School District's concussion management plan is in accordance with the Pennsylvania Safety in Youth Sports Act (Nov. 9, 2011, P.L 411, No.101) and has adopted the following policy for its athletic programs.

1. All student athletes must complete an ImPACT (Immediate Post Concussion and Cognitive Testing) baseline test prior to participation in any athletic activity.
2. The ImPACT program is designed to assist physicians, neuropsychologists and athletic trainers in the evaluation and management of head injuries. It tracks memory, reaction time, brain processing speed and concentration.
3. Any student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be removed from practice or competition and will NOT be permitted to return to practices or competitions that day or until evaluated by an athletic healthcare provider with experience in the evaluation and management of concussion.
4. Any athlete who is suspected of sustaining a concussion should receive serial monitoring and should be provided with written home instructions.
5. The student athlete will be required to re-take the ImPACT test so that post-concussion data can be compared to baseline data. All data should be sent to the licensed healthcare professional for their review.
6. Once asymptomatic and post exertion ImPACT data is within normal baseline limits, and the licensed healthcare professional has cleared the athlete, a **5 phase return to play exertion program** supervised by the Licensed Athletic Trainer should be completed.
7. Each phase of the return to play exertion program will take 24-48 hours to complete. The athlete will progress to the next phase only if they have remained symptom free.
8. Final authorization for full return to participation shall reside with the team physician, attending physician, neuropsychologist or the physician's designee.

School Board Policy Regarding Concussion Management:

Effective July 1st, 2012 all school districts in the commonwealth of Pennsylvania **must** adhere to the **Safety in Youth Sports Act** which mandate certain requirements including:

- ✓ Once a student athlete has exhibited signs or symptoms of a concussion/traumatic brain injury he/she must be removed from participation. **The student athlete cannot return to practice or play until the student athlete is evaluated and cleared for return to participation in writing by a licensed physician (MD. or DO.) or Neuropsychologist who is trained in the evaluation and management of concussions.**
- ✓ Each school year, prior to participation in an athletic activity, every student athlete and his/her parent/guardian shall sign and return the acknowledgement of receipt and review the Concussion and Traumatic Brain Injury Information **Sheet which can be found in Section 3 of the PIAA Comprehensive Initial pre-participation Physical Evaluation.**
- ✓ Once each school year, all coaches shall complete a concussion management certification training course approved by the Center for Disease Control and Prevention, The Department of Health, The National Federation of State High School Associations or The Pennsylvania Athletic Trainers Society. A person shall not coach an athletic activity until he /she successfully completes the required training course and submits a copy of the certificate to the Athletic Director. **Failure to comply with this training course will result in penalties beginning with suspension from coaching any athletic activity for the remainder of that season to suspension of the next season and finally permanent suspension from coaching any athletic activity.**

Provide informational meetings prior to the start of each athletic season for all competitors regarding concussions and other head injuries and proper concussion recognition, management and recovery.