

Roxbury Public Schools Concussion Policy



Dear Parent/Guardian,

Roxbury High School is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to a local doctor, neuropsychologist or a neuropsychologist at the University of Pittsburgh Medical Center (UPMC) to help evaluate the injury. (The UPMC Sports Concussion Program is the founding group of the ImPACT software.) The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by both this school and UPMC. In order to ensure and guarantee your child’s anonymity, we have set-up an anonymous data submission system. This data may anonymously be submitted to UPMC for their research purposes.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Roxbury Public Schools administration, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me at (973) 584-1200 ext. 1287.

Concussion Return to Play Protocol on following page

Sincerely,

Joseph M. Koch
Athletic Trainer



Concussion Return to Play Protocol:

(once your child has been diagnosed with a concussion)

1. During the recovery process, the student-athlete **must see the athletic trainer to report symptoms and to take a post-traumatic neuro-cognitive test.** (ImPACT test)
2. The student-athlete's history and ImPACT scores will be submitted to the attending physician who must be trained in the evaluation and management of concussions. That physician must provide written clearance that states the student-athlete is asymptomatic at rest and may begin the graduated return-to-play protocol. **Medical clearance that is inconsistent with the district policy may not be accepted and such matters will be referred to the school/team physician.**
3. **The athletic trainer, not the coach, must have a copy of the physician's clearance note prior to any return.**
4. With physician approval, the athlete will begin a **supervised 6 Step Return-to-play Protocol:** (There should be approximately 24 hours (or longer) for each stage and the athlete should return to the previous stage if symptoms recur.) (Supervision means by a licensed athletic trainer or physician trained in the evaluation and management of concussions)

***6 Step Return-to-play Protocol:**

1. Rest until symptom free (physical and mental rest)
 2. light aerobic exercises (i.e. stationary cycle)
 3. sport specific exercise/higher intensity exercise (ie. Treadmill jog-run intervals)
 4. non-contact training drills (start light resistance training)
 5. full contact training
 6. return to competition (game play)
5. If symptoms return once the student-athlete has been cleared to play he/she must return to the attending physician for re-evaluation prior to continuing participation in athletics.

*Adapted from NJ DOE Model Policy and Guidance for Prevention and Treatment of Sports-Related Concussions and Head Injuries