

## Altamont CUSD # 10 Concussion Protocol

### 1. Pre-Season

- a. Education
  - i. Coaches, school nurse, and all members of the COT will complete approved course through IESA/IHSA every two years.
  - ii. Athletes will watch the IESA/IHSA video about concussions.
  - iii. Educational materials from IESA/IHSA will be posted on the school website.
- b. Notifications
  - i. Athletes and parents will be given written notice of the concussion protocol.
  - ii. Athletes and parents will be required to sign an IESA/IHSA concussion information receipt prior to participation each school year.
  - iii. Athletes and parents will be required to sign a consent form for baseline testing(HS only).
  - iv. Once an athlete is deemed to have suffered a concussion, coaches will notify parents/guardian, school nurse, athletic trainer, and administration.
- c. Recognition/Diagnosis of Concussion
  - i. Athlete must be removed immediately from interscholastic practice or competition if the athlete, coach, game official, athletic trainer, parent, school nurse, or administrator believes the athlete has suffered a concussion.
  - ii. Once diagnosed to have suffered a concussion by a physician or trainer, the athlete will be subject to the return-to-play and return-to-learn protocol.

### 2. Return-to-Play Protocol

- a. An athlete who was deemed to have suffered a concussion will follow these steps before returning to practice or competition:
  - i. Athlete must be evaluated by a physician or athletic trainer working under the supervision of a physician and cleared to safely return to play. Documentation of this must be presented to the school.
    1. Student will need to take a form provided by the school to their physician.
  - ii. Athlete and parents have signed an IESA/IHSA post-concussion consent form.
  - iii. Athletes will follow progression below with no signs or symptoms.
    1. **Baseline**-back to school first with no signs or symptoms of a concussion
    2. **Light aerobic activity**-aerobic exercise with no weight lifting
    3. **Moderate activity**-moderate aerobic activity with moderate weightlifting

4. **Heavy non-contact activity**-high-intensity aerobic activity and weight lifting with non-contact drills
5. **Practice & full contact**-return to full practice
6. **Competition**-return to competition

### **3. Return-to-Learn Protocol**

- a. An athlete who was deemed to have suffered a concussion will follow these steps before returning to learn:
  - i. Athlete must be evaluated by a physician or athletic trainer working under the supervision of a physician and cleared to safely return to learn. Documentation of this must be presented to the school.
    1. Student will need to take a form provided by the school to their physician.
  - ii. Athlete and parents have signed an IESA/IHSA post-concussion consent form.
  - iii. Athletes will be assigned a contact person(school nurse) to monitor cognitive ability and develop an individualized plan(based on doctor recommendations) to introduce the athlete back into their full academic workload.

### **Concussion Oversight Team Members:**

**Kris Biggs**-Jr High Assistant Principal/AD

**Peggy Bueker**-High School Assistant Principal/AD

**Stephanie Duplayee**-School Nurse

**Lindsay VanBlaricum**-Grade School PE Teacher/Coach

**Katie Lurkins**-High School Teacher/Coach

**John Niebrugge**-High School Teacher/Coach

**Lisa Hoene**-Athletic Trainer

**Robert Frost**-MD