



## **Action Plan for Concussion Management**

### **Education**

1. The certified athletic trainer will educate parents, athletes, and coaches on the recognition of signs and symptoms of a concussion and follow up care for the athlete by distribution and public posting of the IHSA Protocol for NFHS Concussion Playing Rule.
2. Following distribution of the IHSA Protocol for NFHS Concussion Playing Rule, consent to treat document *must be signed* by the parent/guardian prior to the sports season in order for the contracted athletic trainer to assess the athlete and provide care.
3. Communication between the contracted athletic trainer and parent/guardian in regards to the concussed athlete will be initiated by the athletic trainer in order to maintain a safe transition back to activity.

### **Preseason**

Neurocognitive (brain function) Baseline Testing of the Student-Athlete

#### ***ImPact Computer-Based Test***

1. Athletes will take an ImPACT baseline test prior to participation in their sport activities for the school year.
2. The baseline test is administered at the freshman and junior levels.
3. If an athlete at any class level is participating for the first time in any sport, he/she needs to have a baseline test.
4. The baseline test is administered at the high school by the contracted athletic trainer.
5. If an athlete plays multiple sports in the course of a school year, they only take the baseline test once.
6. The cost of the **ImPact baseline test** is paid for by the specific sports' budget.
7. For further information on the ImPACT concussion test, see **[www.impacttest.com](http://www.impacttest.com)**.

## **Reducing the Risks of a Concussion**

The contracted athletic trainer will work with the coaching staff of each sport to:

1. Recommend strength and conditioning techniques to increase neck and overall strength
2. Educate on proper helmet/facemask fitting (football, softball, baseball)
3. Mouth guard usage
4. Nutritional considerations
5. Overall sports safety for each sport

## **Diagnosis and Care of a Concussed Athlete**

1. If an athlete shows signs or symptoms of a concussion per IHSA Protocol for NFHS Concussion Playing Rule, that athlete is to be removed immediately from their activity and not to return until evaluated by a licensed healthcare professional.

*IHSA mandated licensed healthcare professional per Illinois State Law HB200:  
Medical Doctor (MD) or Certified Athletic Trainer working under the direction of an MD*

2. A comprehensive plan of care by the licensed healthcare professional needs to be explained and implemented for the concussed athlete and parents/guardian.
3. The athlete must have a signed document by the medical doctor or certified athletic trainer stating a release of medical care and a plan for return-to-sport activity. This must be presented to the school before an athlete can return to activities pertaining to their sport.

## **Return-to-Sport Activity Plan**

If an athlete has complete resolve of signs and *symptoms at rest* and released by their licensed healthcare professional for return-to-sport activities, these two return-to-sport activities are in place at the school to provide a safe return:

1. **The athlete takes an ImPact follow-up test to determine “normal” brain function as compared to the athlete’s baseline test after sustaining a concussion.**  
**(recommended)**

*The follow-up test is recommended and not required.* If the parents choose to have a follow-up test done on their athlete, the cost of the test and diagnostic interpretation will be billed to the parent’s private insurance and they will be financially responsible for any cost not covered by their insurance plan. The reasoning of this billing is due to the necessity of having this follow-up test medically read and diagnosed by Dr. Edward Pegg, ImPact Certified Neurologist.

The athlete does not have to see Dr. Edward Pegg.

All the results of the test are sent by Dr. Pegg's office to the contracted athletic trainer from the Hopedale Medical Complex. The test results can be sent to the athlete's treating physician by the contracted athletic trainer upon request of the parent.

2. Physical stress test to determine if signs or symptoms return after increasing blood pressure and heart rate. **(required)**

The physical stress test after a concussion was developed by the National Athletic Trainers Association, American Academy of Neurology and multiple national organizations to ensure a safe return-to-sport. This test will occur over 2-5 days depending on how the athlete physically responds. The primary purpose of this testing is to stress the athlete's body through a series of cardiovascular testing, jumping and agilities. It is the intention of the test to try and reproduce signs or symptoms. If no signs or symptoms are detected after such testing, it is safe for that athlete to return to their sport. It is required that they participate in practices without restrictions prior to competing in a game.

- ✓ All testing will be administered by the school's Certified Athletic Trainer.
- ✓ All testing will be performed at the school.
- ✓ The Certified Athletic Trainer will sign off on a release to practice if the athlete passes the physical stress test.

### **Final Comments**

Once an athlete has been cleared by a licensed healthcare professional and passes (at the minimum) the physical stress test with NO signs or symptoms, the athlete is safe to begin return-to-sport activities during practice sessions and progressing towards game competition.

It is our goal as the contracted athletic trainers for your school to provide optimal care for your athlete and ensure a safe return to sport at the safest time. If you have any questions, please do hesitate to contact the contracted athletic trainer.

Contracted Medical Institution:

Hopedale Medical Complex  
309-449-4501

Medical Director: Dr. Larry Rossi, MD

Sports Medicine Director: Emily Whitson, MS, ATC

Assistant Director of Sports Medicine: Greg Eberle, ATC, CES

Contracted Athletic Trainer for Olympia High School: Josh Blaum, MS, ATC

Sources of information as stated in this document:

[www.lhsa.org](http://www.lhsa.org) (click on the sports medicine icon for information)