

# Gwynedd Mercy Academy

## Protocol for Concussion Management

### Preseason

- Prior to the start of the season, Student Athletes in the following sports and events will be baseline tested using the ImPACT computerized concussion evaluation on an annual basis:
  - Soccer, Field Hockey, Volleyball, Basketball, Swimming & Diving, Softball, Lacrosse, High Jump, and Pole Vault
- Student Athletes in the above sports will complete a BESS baseline test on an annual basis.

### What happens if a Student Athlete receives a concussion?

- If a concussion is suspected, the Student Athlete will be removed from play and will not be permitted to return that day.
- A post-injury ImPACT and SCAT/BESS test will be performed 24-48 hours after the injury.
- A symptom checklist will be conducted daily.
- The Student Athlete will be **required** to follow up with a doctor that is qualified in concussion management. A list of local doctors can be obtained from the ATC.

**The Pennsylvania Safety in Youth Sports Act requires that any high school or junior high school student who receives a concussion must be cleared by a medical professional qualified in concussion management.**

### Return to Play

- Return to play is an individualized decision as each person will heal at different rates.

- Student Athlete must be **symptom free** for 24 hours (based on symptom checklist).
- Return to play will be based on a gradual progression through the following steps:
- **Progression:**
  1. Rest; no activity until symptom free
  2. Light Cardio (10-20 minutes, no resistance)
  3. Moderate Cardio (20-30 minutes), light sport-specific activities
  4. Non-Contact drills, may begin light resistance/weight training
  5. Full contact practice (includes Heading in soccer)
  6. Return to game play
- ImPACT & SCAT/BESS testing will be repeated between steps 3 and 4.
- Physician follow up should occur again between steps 3 and 4.

Certified Athletic Trainer **must** have clearance **in writing** before student athlete will be permitted to participate in Full Contact drills (this includes Heading in soccer) or game play. A general physician note will **not** be accepted. The required medical clearance form can be obtained from the ATC.

Please see the GMAHS Protocol and Procedures for Management of Sports-Related Concussion for complete protocol information.