



**THREE VILLAGE**  
CENTRAL SCHOOL DISTRICT

**Concussion Management Protocol**

**Overview**

The Three Village Central School District recognizes that concussions and head injuries are a commonly reported injury in children and adolescents who participate in sports and recreational

## **Public Information**

Information relating to concussions will be posted on the Three Village Central School District website. In addition, information regarding concussion management protocol will be distributed to the parent/guardian by the school nurse and/or athletic trainer in the event of a suspected head injury/concussion.

## **Baseline Neurocognitive Testing (IMPACT):**

This testing allows for an objective measurement of the severity of a head injury and the extent of the return of function after a concussion is sustained. It is computer based test that is administered to athletes who participate in contact/collision sports. Baseline testing is performed once every two years. It measures several subtle aspects of brain function. This portion of the program is being sponsored by St. Charles Hospital and is administered in the school district computer labs by trained District personnel. If a student is not baseline tested all other return to play procedures will be implemented to ensure a safe return to activity.

## **Sideline Management:**

School nurses, athletic trainers, coaches, and school physicians have been trained on the proper guidelines for removing a student from activity. Any student removed from play because of suspected head injury cannot return to play on that day unless cleared by the Three Village School District CMO or his/her designee.

## **Return to Academic (RTA) Protocol**

The Three Village Central District has developed a Return To Academic (RTA) protocol that will assist physicians in effectively communicating the appropriate academic rigor that the student can engage in while recovering from a head injury/concussion if deemed necessary by their treating physician. The RTA forms will be given to the student's parent/guardian by the school nurse and/or athletic trainer so that they may provide the Three Village Central School District forms to the treating physician.

## **Return to Play (RTP) Protocol**

All students (non-athletes) that sustain a head injury/concussion, either in school or at home are required to see a licensed physician for initial evaluation and clearance. After receiving initial clearance the student must obtain final clearance from the Three Village Central School District Chief Medical Officer (CMO) before returning to activity.

**All students that are members of a Three Village Central School District athletic team and have sustained a head injury/concussion are required to see a physician that has specialized training in concussion management and/or ImPact Testing for initial evaluation and clearance. After receiving initial clearance the student-athlete must obtain final clearance from the Three Village Central School District Chief Medical Officer (CMO) before returning to activity.** (Please see the District website for a list of current concussion trained physicians approved by the Three Village Central School District).

Once diagnosed and symptom-free (the standard being about a week of rest), your child will be given a clearance note from the physician to participate in a Return to Play (RTP) protocol. The RTP protocol monitors the child's neurological status while participating in a progressive exercise program over a 4-6 day period. Upon successfully completing the RTP protocol, the child will be required to return to their physician and obtain an initial clearance note and must