

# COPPELL ISD

## CONCUSSION GUIDELINES

### WHAT IS A CONCUSSION? ---

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

### WHAT ARE THE SYMPTOMS? ---

Signs and symptoms of a concussion are typically noticed immediately after the injury; however some might not be recognized until days after the injury. Common symptoms include: headache, dizziness, amnesia, fatigue, confusion, mood changes, depression, poor vision, sensitivity to light or noise, lethargy, poor attention or concentration, sleep disturbances, and aggression. The individual may or may not have lost consciousness.

### WHAT SHOULD I DO IF A CONCUSSION IS SUSPECTED? ---

Students who may have suffered a concussion should be removed from the athletic practice or game immediately. During events, where a Coppel ISD Licensed Athletic Trainer is present, students will be initially evaluated by them and referred to a Licensed Physician of the family’s choice. Students participating in an event where a Licensed Athletic Trainer is not present should be taken by the parents to a Licensed Physician of the family’s choice for an initial evaluation. Students suspected of a concussion should not be allowed to return to play until appropriate medical clearance and return to play guidelines have been followed. The permission for return to play will come from appropriate health care professionals. You should also inform you child’s Coach, Athletic Trainer, and/or School Administrator, if you think that your child/player may have a concussion. When in doubt, the athlete sits out.

### WHAT IF MY CHILD KEEPS PLAYING WITH A CONCUSSION? ---

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.



## CONCUSSION MANAGEMENT

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The cornerstone of concussion management is physical and cognitive rest until symptoms resolve and then a graded program of exertion prior to medical clearance and return to play. During this period of recovery, while symptomatically following an injury, it is important to emphasize to the athlete that physical AND cognitive rest is required. Activities that require concentration and attention (e.g., scholastic work, videogames, text messaging, etc.) may exacerbate symptoms and possibly delay recovery. In such cases, the Coppell ISD Sports Medicine Staff will work, in conjunction with the athlete, teachers, and parents to ensure appropriate accommodations, according to physician recommendations and observations.

**In the event a student athlete is suspected of a concussion the student will be:**

- 1. Removed from athletic participation immediately**
- 2. Evaluated by a Licensed Physician and/or a Coppell ISD Athletic Trainer**
- 3. Administered Post-Concussion Impact Test for contact and collision sport-athletes (high school only)**
- 4. Progressed through return-to-play protocol under the direction of a Licensed Physician**
- 5. Released to participation with written clearance from Physician & Parents**

## GRADUATED RETURN TO PLAY GUIDELINES

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Return to play protocol following a concussion follows a stepwise process progressing from rest to full-contact training. This progression has been developed and is managed by the Licensed Athletic Trainers of Coppell ISD under the supervision its Concussion Oversight Team led by a Licensed Physician. With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. Generally, each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, then the patient should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

## NEUROCOGNITIVE TESTING

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ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. Coppell ISD will be utilizing pre-season baseline testing and post-injury testing as a tool in the concussion management protocol. Every high school contact-sport athlete is required to complete baseline testing in the assigned years prior to participation in any athletic activities (practices or games).