

# Chico State Sport Clubs

## Concussion Management Plan

### What is a concussion?

A concussion is a brain injury that may be caused by a blow to the head, face, neck, or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can also result from hitting a hard surface such as the ground, floor, or ice, from players colliding with each other or being hit by a piece of equipment such as a bat, lacrosse or field hockey sticks or even a ball.

- Head, neck and spinal injuries can be serious and may result in permanent disability (e.g., traumatic brain injury, paralysis) or death.
- A concussive event does NOT have to be a serious impact and can look very minor/unimportant.
- If a participant is suspected of having a concussion, remember that any activity that increases blood pressure can cause a bleeding event after any head injury. Remove participant from ALL activity (shagging balls, running, lifting weights, etc.).

### Assess the situation

Know these RED FLAGS of a concussion. We are not here to diagnosis a concussion but assess the situation and being aware of the RED FLAGS help to know when the situation warrants the removal from activity, offering help and possibly activating EMS.

**RED FLAGS: Following a head injury if any of these Signs & Symptoms occur, please seek immediate medical attention:**

Worsening Headaches	Seizures/Convulsions	Unable to recognize people/place
Increased confusion	Unclear/Slurred speech	Unsafe/Unusual changes in behavior
Repeated vomiting	Unable to stay awake	Blood or Fluid leaking from ears
Loss of consciousness	Weakness/numbness	Difficulty using arms/legs or breathing

### Recognizing a possible concussion

To help recognize a concussion, watch for the following two events among student-athletes during activities such as games and practices:

1) A blow to the head or body that results in rapid movement to the head;

**-AND-**

2) **Any changes** in the student-athletes behavior, thinking, or physical functioning (see signs and symptoms)

### Signs and Symptoms

<u>Signs Observed</u>	<u>Symptoms Reported by Student-Athlete</u>
<ul style="list-style-type: none"> <li>○ Appears dazed and stunned</li> <li>○ Is confused about the activity, assignment or position</li> <li>○ Forgets plays or where they are</li> <li>○ Is unsure of game, score, or opponent</li> <li>○ Moves clumsily, stumble and fall</li> <li>○ Answers questions slowly</li> <li>○ Loses consciousness (even briefly)</li> <li>○ Shows behaviors of personality change</li> <li>○ Can't recall events before hit or fall</li> <li>○ Can't recall events after hit or fall</li> </ul>	<ul style="list-style-type: none"> <li>○ Headache or "pressure" in head</li> <li>○ Nausea or vomiting</li> <li>○ Balance problems or dizziness</li> <li>○ Double or blurry vision</li> <li>○ Sensitivity to light</li> <li>○ Sensitivity to noise</li> <li>○ Feeling sluggish, hazy, foggy, or groggy</li> <li>○ Concentration or memory problems</li> <li>○ Confusion</li> <li>○ Does not "feel right"</li> </ul>

## **Baseline Testing**

Chico State Sport Clubs will record a baseline assessment for each student-athlete prior to the first practice in the high-risk sports. SWAY is a concussion management balance system that will be administered by the Sport Club staff. SWAY is an app for your phone or mobile device that allows the Recreational Sports Staff to assess balance, reaction time, and symptom tracking used in concussion evaluation. Sway concussion management balance system will also be used in the evaluation of post-concussion injury at appropriate time intervals.

## **Acute Management of Concussion**

When a student-athlete shows any signs, symptoms, or behaviors consistent with a concussion, the athlete shall be removed from practice or competition. When available, the student-athlete will be evaluated by a healthcare provider with experience in the evaluation and management of concussions. If a health care provider is unavailable, the use of the SWAY system will be utilized by the Sport Club staff, a coach, or the safety officer. Student-athletes showing any signs and symptoms of a concussion **shall not return** to activity for the remainder of the day. Athletes will be provided with written home instructions (attachment) upon a suspected concussion: preferably with a roommate, guardian, or someone that can follow the instructions. In the days following, the athletic training staff will follow the concussion management protocol including: symptom monitoring, follow up balance and reaction time assessment and neurocognitive assessment (SWAY), and graduated progression of activity. To return to play, medical clearance shall be determined by primary care, student-health center or off-campus physician. Student-athletes that sustain a concussion outside of their sport will be managed in the same manner as those sustained during sport activity.

## **Post-Concussion Management Procedures "Return to Learn"**

A student-athlete that has sustained a concussion will be referred to the Rec Sports Athletic Trainer for a complete evaluation. This evaluation will include a thorough history,

clinical examination, symptom and severity assessment and post-concussion SWAY system assessment. The post-concussion SWAY system assessment is recommended at 24-72 hours after injury. The Rec Sports Athletic Trainer will administer the post-concussion SWAY testing and all results, including initial evaluation from any athletic trainer onsite, will be provided to the CSU, Chico Rec Sports Athletic Trainer and treating physician. The post-concussion assessment will be compared to the student-athlete's baseline assessment, if available. If the evaluation and/or SWAY results are abnormal, the student-athlete may be deferred from practice and competition, and will begin a Return to Learn Protocol at the Athletic Trainer's discretion. The student-athlete will see the Rec Sports Athletic Trainer **DAILY** for re-evaluation of the symptom and severity assessment, and to monitor progress as the student-athlete recovers.

The Return to Learn protocol will include a provided document that the student-athlete (SA) is experiencing symptoms from a concussion. This document will be reviewed and signed by the Student Health Center (SHC) physician. The SA will then be referred to the Accessibility Resource Center (ARC) where their accommodations will be assessed. Once the SA has communicated with the ARC and their professors/instructors regarding their situation they can put on a graduated schedule study/break recommendation. These instructions for returning to classes and studying will be provided and documented by the Rec Sports Athletic Trainer, including instruction that if at any point during class or studying their symptom become elevated, they are to stop anymore cognitive activity for the remainder of the day.

Once SWAY testing scores have returned to baseline level, symptoms have resolved, the clinical examination is normal, and the student has returned to their full academic load, then a Graduated Return to Play Protocol will be implemented.

The student will also acquire signatures from their professors/instructors that they have returned to normal class attendance and has come to an agreement between professors/instructors and the student that an academic accommodation agreement has been reached regarding timeline for any missed course work.

### **Post-Concussion Management Procedures "Return to Play"**

Once SWAY testing scores have returned to baseline level, symptoms have resolved, and a clinical examination is normal, a Graduated Return to Play Protocol will be performed. (Table Below) **A Graduated Return to Play Protocol** will be utilized as directed by the treating physician or department designee. Return to play protocol following a concussion follows a stepwise process. 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 proactive 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 process again after a further 24 hours period has passed.

Final return to play medical clearance shall be determined by a student health service provider.

### **Graduated Return to Play Protocol**

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Objective of Each Stage
1) No activity	Complete physical and cognitive rest	Recover
2) Light aerobic activity	Walking or stationary cycling keeping intensity, 70% MPPHR; no resistance training	Increase HR, Increase BP to see how brain reacts
3) Continued aerobic exercise	Straight Running Drills	Add movement and “jogging” element to the brain
4) Sport-specific exercise	Agility drills, dribbling, shooting: no head impact activities	Add lateral “sloshing” and rotational movement
5) Non-contact training drill	Progression to more complex training drills, e.g. passing drills, offense-defensive designed plays; <b>No head impact activities;</b> May start progressive resistance training	Exercise, coordination, and cognitive load
6) Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
7) Return to play	Normal game play	

### Visiting Student Athlete Concussion Procedure

When visiting student-athlete show any signs, symptoms or behaviors consistent with a concussion, the athlete shall be removed from practice or competition and evaluated by a health care provider with experience in the evaluation and management of a concussion. An athlete diagnosed with a concussion **shall not return** to activity for the remainder of that day. Medical clearance for return to play shall be determined by visiting athlete’s institutional concussion management plan. The Chico State Sport Club staff (Student Supervisors and/or Rec Sports Athletic Trainer) may complete the SWAY balance system assessment and Injury Report Form that can be made available to the student-athlete and their institution for their health care provider and records.

### Education

All student-athletes will be presented with concussion education material prior to starting practice and competition.

Head injury Fact Sheet

Fact sheet for student-athlete

[http://www.ncaa.org/sites/default/files/2017SSI\\_ConcussionFactSheet\\_StudentAthletes\\_20170721.pdf](http://www.ncaa.org/sites/default/files/2017SSI_ConcussionFactSheet_StudentAthletes_20170721.pdf)

Coaches will be presented with concussion education material to ensure they understand a concussion, management plan, their role with the plan and that they received education about concussion.

NCAA Fact Sheet for Coaches

[http://fs.ncaa.org/Docs/health\\_safety/ConFactSheetcoaches.pdf](http://fs.ncaa.org/Docs/health_safety/ConFactSheetcoaches.pdf)

Safety Officers will receive annual trainings in concussion awareness and how to report injuries to the Sport Club Office.

### **Resources**

#### **Accessibility Resource Center**

Student Services Center

Room 170

530-898-5959

arcdept@csuchico.edu

#### **WellCat Health Center**

601 Warner Street

530-898-5241

healthcenter@csuchico.edu

#### **Enloe Medical Center**

1531 Esplanade, Chico, CA 95926

(530) 332-7300 or (800) 822-8102

#### **Immediate Care Val**

376 Vallombrosa Ave, Chico, CA, 95926

(530) 891-1676

#### **Butte County Mental Health**

Chico Community Counseling Center

109 Parmac Rd., Suite 1

Chico, CA 95926

530.891.2945

#### **Butte County Crisis Center**

560 Cohasset Rd. Ste. 180  
800.334.6622, or  
530.891.2810

## **Student Athlete Statement of Responsibility**

All student athletes will be required to agree to the Chico State Sport Clubs Student Athlete Concussion Statement of Responsibility before beginning practice or competition (as found via their membership application in Wildcat sync)

### Reporting:

- I understand that it is my responsibility to report all injuries and illnesses to the Sport Club Office (Coordinator, Trainer, staff)
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to my Safety Officer and the Sport Club Office (Coordinator, Trainer, staff)
- A concussion is a brain injury, which I am responsible for reporting to the Safety Officer and the Sport Club Office (Coordinator, Trainer, staff)

### Getting Care:

- A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance
- You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury
- It is my responsibility to see a healthcare professional if I receive a blow to the head or body and experience signs, symptoms, or behaviors of a concussion
- In rare cases, repeated concussions can cause permanent brain damage, and even death

### Returning to Play:

- If a participant displays any concussion symptoms regardless of how minor, they will be removed from play for the remainder of the day
- Any participant, who is suspected of having a concussion, will require medical clearance prior to returning to participation
- Once the physician has cleared the participant to return to play, it is strongly recommended that the participant is progressed back to full activity
- Failure to be compliant with any medical plan of care, as deemed necessary by a physician or medical professional can result in medical disqualification for the participant for all sport club activities

### Taking Time to Heal:

- Following a concussion, the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve

- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms until I have medical clearance and have completed the return to learn and return to play protocols.

