

Concussion Management and Baseline Testing

Ethical Culture Fieldston School has transitioned into using the **Impact Application for Concussion Management** as our tool for baseline testing, symptom management, and determination for a safe return to play. This application differs from the previous one, as it will allow tests to be taken both in school and at home (given an access code).

The Impact Test takes about **20-25min** to complete and includes the following:

- Demographic / Concussion History Questionnaire
- Concussion Symptom Scale
- Battery of 8 Neurocognitive Tests
- Detailed Clinical Report
- Internal Validity Checks

The only technical requirements for taking this test are as follows:

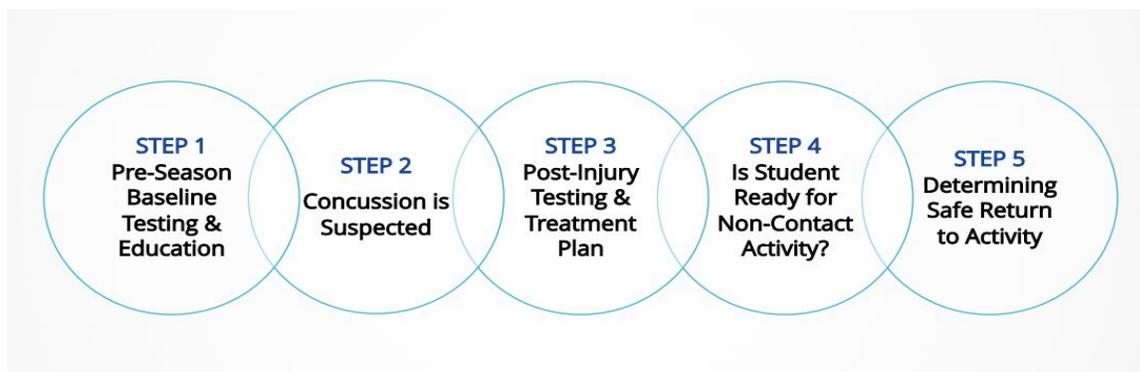
- Reliable internet connection and up to date internet browser
- Pop-up blockers disabled

As this application is new, all athletes must complete a baseline assessment this school year (20'-21'). After the initial assessment, there will be a baseline reassessment required every other year (for 7th grade, Form III, Form V, and any new incoming athletes).

Our goal is to have all Fall athletes take their baseline assessments at home during our remote learning phase of the year. This will allow us to have more time outside for actual physical activity once we are given the okay to do so.

An email will be sent out when a date is confirmed for testing. This email will include detailed instructions along with an access code to the testing site. Please stay tuned for more information to follow.

In the meantime, please review our concussion and return to play policies:



Ethical Culture Fieldston School Concussion Management Policy

The Ethical Culture Fieldston School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, Ethical Culture Fieldston School has adopted the following policy to support the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding reinjury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While Ethical Culture Fieldston School staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, athletic trainers and nurses will receive annual training to recognize the signs, symptoms and behaviors consistent with a concussion. Concussion information will also be available on the Ethical Culture Fieldston School athletic website.

Any student exhibiting those signs, symptoms or behaviors while participating in a school sponsored class, extracurricular activity, or interscholastic athletic activity shall be **removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional**. The Certified Athletic Trainer or School Nurse will notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians.

If a student sustains a concussion at a time other than when engaged in a school sponsored activity, the school expects the parent/legal guardian to report the condition to the School Nurse or Certified Athletic Trainer so that the school can support the appropriate management of the condition.

The student shall not return to school or activity **until authorized to do so in writing by an appropriate health care professional**. The school's concussion management team will make the final decision on return to activity including physical education class and/or after-school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider.

Concussion Management Protocol for Return to Play

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These New York State

Public High School Athletic Association (NYSPHSAA) current return to play recommendations are based on the most recent international expert opinion:

- **No student athlete should return to play while symptomatic.**
- **Students are prohibited from returning to play the day the concussion is sustained.**
- **If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion.**
- **Once the student athlete is symptom free at rest for 24 hours (or the allotted time determined by their healthcare provider) and has a signed release by the treating clinician, she/he may begin the return to play progression below (provided there are no other mitigating circumstances).**

Phase 1: low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated, without return of symptoms over a 24 hour period proceed to;

Phase 2: higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated, without return to symptoms over a 24 hour period proceed to;

Phase 3: sport-specific non-contact activity. Low resistance weight training with a spotter. If tolerated, without return to symptoms over a 24 hour period proceed to;

Phase 4: sport-specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated, without return to symptoms over a 24 hour period proceed to;

Phase 5: full contact training drills and intense aerobic activity. If tolerated, without return to symptoms over a 24 hour period proceed to;

Phase 6: Return to full activities with no restrictions.

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 student should drop back to the previous asymptomatic level and try to progress again after a further 24 hour period of rest has passed.

The Concussion Management and Awareness Act requires the immediate removal from athletic activities of any pupil believed to have sustained or who has sustained a mild traumatic brain injury (concussion). In the event that there is any doubt as to whether a student has sustained a concussion, it shall be presumed that he or she has been so injured until proven otherwise. No such student shall resume athletic activity until he or she shall have been symptom free for not less than twenty-four hours, and has been evaluated by and received written and signed authorization from a licensed physician. The physician authorization will then be forwarded to the Certified Athletic Trainer and the Division Nurse for clearance.