

**Arlington High School
Athletic Training
Head Injury & Concussion Home Instructions**

Dear Parent/Guardian,

Your child has suffered a head injury during athletic participation. To make sure that your child recovers properly, please follow these important steps:

- If your child was referred to their Primary Care Physician or sent to the hospital be sure to bring the *Concussion Checklist & Physician Evaluation Form* with you. This form **MUST** be returned to the Athletic Training staff, filled out in its entirety and signed, **BEFORE** your child will be allowed to begin the Return to Play Protocol or released back to athletic activity and physical education class. If the form is incomplete or not signed your child will not be allowed to start the progression.
- Remind your child to report to the Athletic Training Room the following school day after 1:00pm for a follow up evaluation and to report symptoms.
- Be aware that if your child is diagnosed with a concussion they will need to complete the 5-day return to play progression.
- If your child complains of an increase in or new symptoms please seek medical attention immediately. Some symptoms that can occur are:

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|-----------------------------------|------------------------------|
| Headache | Feeling “dazed” |
| Dizziness | “Don’t feel right” |
| Ringing in the ears | Poor balance or coordination |
| Nausea | Slurred speech |
| Vomiting | Seizure |
| Fatigue | Difficulty concentrating |
| Drowsiness/ Unusually sleepy | Irritability |
| Sensitivity to Light | More emotional |
| Sensitivity to Noise | Neck Pain |
| Blurred Vision | Confusion |
| Vacant Stare/ Loss of orientation | Memory Problems |

- The following recommendations have been approved by the National Athletic Trainers’ Association (NATA) and the Center for Disease Control (CDC)
 - Rest!
 - Limit amount of time watching TV, texting, computer use, video games, and other electronic devices. Also avoid bright lights and loud music.
 - Limit amount of time spent on school work and reading
 - Avoid the use of Aspirin or anti-inflammatory medications (i.e. ibuprofen)
 - No participation in sports or physical education class
 - Avoid non-school related sports, training, and gym use
 - No alcohol or other illegal drug use

Please take your child’s injury seriously and do not try to judge its severity yourself.

“Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks, or longer. If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussions can result in brain swelling or permanent brain damage. It can even be fatal.”-CDC

If you have any questions please contact the Certified Athletic Trainers at Arlington High School

- **Athletic Training Room (845)486-4860 ext 1232 or Athletic Office (845) 486-4873**

Concussion Policy

In recent years, the results from sports related head traumas have received nationwide attention. The Arlington athletic staff will be proactive and diligent when an athlete suffers from head trauma during practice or a game. If a concussion is suspected, the certified athletic trainers and coaches will take all necessary precautions to ensure the safety of the student. Arlington's concussion policy will reflect the guidelines of the National Athletic Trainers Association that may be suspect to change based on future research. Athletes and parents are asked to be supportive and understanding during the process of returning to play. The Arlington school district's physician may be consulted to provide medical clearance if there is disagreement between the athletic department and the athlete's parent/guardian regarding return to play issues involving head injuries.

On Field Evaluation

When a certified athletic trainer (ATC) is present and on field evaluation will be conducted. The ATC will assess their current symptoms as well as any neurological abnormalities. **If there are any positive signs and symptoms of a concussion, the athlete will not be allowed to continue practice or play in the game.** The ATC will make a decision whether or not it is necessary to refer a student athlete to their primary care physician or the hospital.

In the event that an ATC is not present, an assessment of signs and symptoms should be noted and recorded by an Arlington coach. If there are any positive signs and symptoms, the athlete will not be allowed to continue practice or play in the game. The athlete's status should be monitored every five (5) minutes, until the athlete's condition stabilizes and/or improves. The parents of the student athlete should be contacted during this time. If the athletes exhibit signs of neurological and/or physical deterioration, he/she should seek immediate medical attention.

The student athlete should follow up with the Arlington ATC the following school day after 1:00pm.

Follow-up Evaluation

If a concussion is suspected by the ATC the student athlete will be referred for further medical attention. The *Concussion Checklist & Physician Evaluation Form* should be filled out by the appropriate Arlington personnel and sent with the student athlete for their physician evaluation.

A follow up evaluation with the Arlington ATC should occur the following day that the student athlete is in school. At this time, the athlete will be re-evaluated for current signs and symptoms.

The athlete is to report current signs and symptoms *EVERYDAY* following a concussion.

The student athlete will rest until symptom free. When the student athlete is completely symptom free and has returned the completed and signed Physician Evaluation form, they will then be allowed to begin the Arlington Central School's Return to Play Protocol. Once your child completes these days their information will be sent to our School Physician who will clear them fully for game play. Please note that it may take more than a day for the Physician to clear your child. We ask you to be patient and remember that we do our best to make sure that it is safe for your child to return in the timeliest manner.

Return to Play (RTP) Protocol

The Arlington Central School District Policy will hold an athlete out of competition a *minimum* of five (5) days following a concussion once the student is symptom free. The athlete must also complete each day of the Return to Play (RTP) Protocol. If at any time the athlete begins to have symptoms during the RTP, the student will rest then repeat that same step the following day if asymptomatic.

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training. (ImPact Re-test)

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training.

Day 5: Full contact participation in practice, training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from Arlington School District Physician