Immanuel Lutheran High School, College, and Seminary
Sports Concussion Management Plan

**Statement Acknowledging Receipt of Education and Responsibility to report signs or symptoms of concussion to be included as part of the “Participant and Parental Disclosure and Consent Document”**.

I, __________________________________________, of the Immanuel Lutheran High School

Student/Athlete Name

hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. I also acknowledge my responsibility to report to my coaches, parent(s)/guardian(s) any signs or symptoms of a concussion.

__________________________________________                  ___________
Signature of student/athlete                      Date

__________________________________________
Sport or Activity

I, the parent/guardian of the student athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. I recognize that my son/daughter cannot return to their sport until they present with written permission to return to play by a health care provider trained in evaluating and managing pediatric concussions and head injuries.

__________________________________________                  ___________
Signature and printed name of parent/guardian   Date
Consent Form
For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete
________________________________________

Sport(s)
________________________________________

________________________________________

Signature of Athlete Date

Signature of Parent Date

www.impacttest.com

ImPACT testing is required every two years in high school – commonly freshman and junior years. Consent form needs to be signed once.
Dear Parent/Guardian,

The Immanuel Lutheran High School, College and Seminary is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to a local doctor or, to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to offer this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Immanuel Lutheran High School, College and Seminary administration, coaching, and athletic training staff are striving to keep your child’s health and safety at the forefront of the student athletic experience.

At the beginning of individual sport seasons, parent/guardian(s) shall be presented with a copy of the Marshfield Clinic’s “Concussion information sheet for athletes, parents and coaches.” Wisconsin Act 172 – Concussions in Youth Athletic Activities requires this of all athletes in organized sports. The information sheet will need to be reviewed, and then the acknowledgement form needs to be signed and kept on file at the school.

If you have any further questions regarding this program please feel free to contact us.

Sincerely,

Jeffrey A. Schierenbeck, Principal
715-836-6630

Mark Kranz, AD
715-955-4560

Brent Amble, Athletic Trainer
715-858-4935
Concussion information sheet for athletes, parents and coaches

What is a concussion?
- A concussion is an injury to the brain that disturbs its normal functioning
- All concussions are serious
- Can be caused by a bump to the head or a blow to the body
- May occur during practices or games in any sport
- Does not always result in or from a loss of consciousness
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death
- Signs and symptoms of a concussion may be apparent right after the injury but in some instances the symptoms may not present for hours or days later following the initial injury

Symptoms observed by parents, guardians and coaches:
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instructions
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Cannot recall events prior to or after hit or fall
- Unequal pupils

Symptoms reported by the athlete:
- Headache
- Feeling “in a fog”
- Loss of appetite
- Low energy/feels run down
- “Pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

Athletes who report or exhibit any of these signs or symptoms must be immediately removed from play until given written permission by a health care professional with experience in evaluating and managing concussions and head injuries to return. An athletic coach or official involved in a youth athletic activity shall remove an athlete if it is determined that the athlete exhibits signs, symptoms, or behavior consistent with a concussion or head injury or suspects the person has sustained a concussion or head injury per 2011 Wisconsin Act 172 – Concussions in Youth Athletic Activities.

To reduce concussion risk:
- Ensure all athletes follow the safety rules and rules of the sport
- Practice good sportsmanship at all times
- Make sure the proper protective equipment is worn and fitted correctly, and maintained properly
- Review the signs and symptoms of a concussion before every sports season

What do to if a concussion is suspected?
- Do not ignore the symptoms of a head injury
- Seek medical attention right away
Stay out of play to allow the brain to heal and to help avoid permanent brain damage
Make sure coaches and parents are aware of any concussion injury
Rest is vital to help the brain heal. Sleeping is permitted but ensure the athlete is arousable
Pain medications should not be taken soon after a concussion to avoid covering up symptoms
Modifications may also need to be made at school and can be directed by your healthcare provider

Prevent long-term problems:
- It is not smart to play with a concussion. Discourage athletes from pressuring injured athletes to play and persuade athletes to admit if they are not “just fine”
- A repeat concussion that occurs before the brain recovers from the first can result in long term conditions:
  - Second-impact syndrome – suffering a second blow to the head while recovering from an initial concussion can result in catastrophic consequences
  - Post-concussion syndrome – Experiencing chronic cognitive and neurobehavioral difficulties due to an initial injury or recurrent injury

Return to Play Recommendations:
A sample five-day return to play routine is as follows. Each of these phases generally takes one day. If any symptoms were to be experienced or up to 24 hours following, activity must be stopped immediately and a health care provider should be contacted.

Day 1. No activity - rest until no symptoms
Day 2. Light aerobic exercise
Day 3. Sport-specific training
Day 4. Non-contact drills
Day 5. Full-contact drills
Day 6. Game play

What should generally be expected?
Most young people will recover completely from a single concussion within two weeks but some people can take longer to recover than others.
Proper recognition and management of a sports concussion can allow athletes to safely participate in sports they enjoy. Remember – “If in doubt, sit out!”

Sources: