



## Concussion Management Protocol

### I) Management

- A) Any athlete who exhibits concussion signs and/or symptoms while participating with an Albuquerque Public Schools athletic team will be removed from the remainder of the event and not allowed to perform any activities that may increase the severity of the signs and/or symptoms
  - i) If a team physician or Head Athletic Trainer is present at the event, the athlete will be referred to that individual to have a concussion evaluation performed on them.
  - ii) After Examination by the team physician or athletic trainer, no athlete who is suspected to have suffered a concussion shall return to participation on the same day; return on the same day will be allowed if the team physician and/or athletic trainer determines that no concussion or other brain injury has occurred and that it is safe to return to participation.
  - iii) If a physician or Head Athletic Trainer is not present at the event, the head coach for the sport will be responsible for keeping the athlete out of competition for the day, and contacting the parents of the athlete.
  - iv) Any athlete who is exhibiting concussion symptoms, must have their parent(s)/guardian notified by the physician, Head Athletic Trainer, or head coach.
  - v) The athlete should be released only to the direct supervision of the parent(s)/guardian unless arrangements have been made between the physician, Head Athletic Trainer, or head coach and the parent(s)/guardian.
  - vi) During subsequent days following a concussion, the Athletic Trainer will be evaluating the athlete and filling out forms included in the APS Athletics Concussion Management Protocol to make a decision on when it is appropriate to begin increasing activity for the athlete.
  - vii) Any athlete who demonstrates signs and symptoms of a concussion or other brain injury will not be allowed to return to participation until there are no signs or symptoms at rest and with progressive exercise.

### B) Referral

#### i) Emergency Referral

- (1) The athlete will be transported to the nearest medical facility if any of the following signs/symptoms are noted:
  - (a) Loss of consciousness on the field/court lasting greater than 1 (one) minute.
  - (b) Deterioration of neurological function
  - (c) Decreasing level of consciousness
  - (d) Decrease or irregularity in respirations
  - (e) Decrease or irregularity in pulse
  - (f) Increasing blood pressure
  - (g) Abnormally unequal, dilated, or unreactive pupils
  - (h) Any signs or symptoms of associated head/neck injuries, spine or skull fractures, or bleeding
  - (i) Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation
  - (j) Weakness or numbness
  - (k) Slurring of speech
  - (l) Headaches that are worsening over time.

ii) Delayed referral after 72 hours

- (1) The athlete will be referred to a physician if, by the end of the 72 hours evaluation period on the Concussion Symptom Checklist, the total score of symptoms has increased or has stayed close to the initial evaluation score.

iii) Delayed referral after 7 days

- (1) The athlete will be referred to a physician if, by the end of the 7 day evaluation period on the Concussion Symptom Checklist, the total score of symptoms has not returned to zero.

C) Forms

i) Concussion Evaluation Form

- (1) This form is to be completed only by the team physician or Head Athletic Trainer who has the responsibility of overseeing the event.
  - (a) Clarifying instructions for this form can be found on the back side titled "APS Concussion Evaluation Instructions"
- (2) This form will be completed based on the initial evaluation that was performed on the athlete who is exhibiting concussion symptoms.
- (3) The signs and symptoms from the symptom checklist section of this form (part B) will be used as baseline to follow-up with the athlete over the next 7 days.

ii) Parent Concussion Form

- (1) This form will be used as handout that will be given to the parent(s)/guardian of the athlete that sustained a concussion to provide them with information concerning the proper recovery of their son/daughter

iii) Concussion Symptom Checklist

- (1) This form will be filled out by the Head Athletic Trainer
- (2) Signs and symptoms from the Concussion Evaluation Form will be transferred to the APS Athletics concussion symptom checklist and monitored at intervals that are noted on the form.
- (3) The injured athlete should be asked to grade or score the severity of the symptoms on a 0-6 scale where 0=not present and 6=most severe.
- (4) This form will be used to evaluate when the athlete is able to begin stage 2 of the gradual return to play protocol.
- (5) If, by the end of the 72 hours evaluation period, the total score of symptoms has increased or has stayed close to the initial evaluation score, the athlete should be referred to a physician.
- (6) If, by the end of the 7 day evaluation period, the total score of symptoms has not returned to zero, the athlete should be referred to a physician.

iv) Gradual Return to Play

- (1) This form will be used by the Head Athletic Trainer to monitor the progress through the return to play protocol of any athlete who has sustained a concussion.
- (2) This form will be filled out at every level of return to play while making notes about how the athlete responds to the new level of activity
- (3) If at any point in the return to play protocol the athlete begins to have symptoms again, the Head Athletic Trainer should move the student back to the previous step and wait a minimum of 24 hours to progress to the next step.
- (4) If the athlete has consulted a physician, a note from a physician will be required before full return to participation is allowed. APS Athletic Trainers will not allow any athlete to return to participation until they are symptom free as deemed by concussion protocol. Any notes from a physician will not be used to override APS protocols.
- (5) **ALL return to play guidelines must be met and the each step must be completed in its entirety with ATC clearance prior to being cleared to participate.**