

TOWN OF HUNTINGTON

CONCUSSION MANAGEMENT PROTOCOL

With the increased awareness of the potential for concussions, the Town of Huntington has established the following protocol in order to create awareness of the signs and symptoms of a concussion and the steps that need to be taken following a worrisome mechanism of injury and evaluate for any signs or symptoms.

This Concussion Management Protocol establishes a standard of care that must be adhered to by all Town employees during Town run programs, camps, events and activities. Further, this Protocol must be adhered to by all leagues and all other groups or entities that are issued permits or permission to utilize Town owned or Town controlled facilities for sporting events or activities.

The standard of care for current medical practice and law in most states requires that any participant in an athletic event with a suspected Sports Related Concussion (SRC) be immediately removed from play.

- A Sports Related Concussion is a traumatic brain injury – there is no such thing as a minor brain injury.
- A player does not have to be “knocked-out” to have SRC – less than 10% of players actually lose consciousness.
- A SRC can result from a blow to head, neck **or body**.
- The youth athlete’s brain is more susceptible to SRC.
- The SRC in a young athlete may be *harder* to diagnose, takes *longer* to recover, and is *more* likely to have a recurrence, which can be associated with serious long-term effects.

A player with **any symptoms/signs** or a **worrisome mechanism of injury** has a SRC until proven otherwise.

DIAGNOSIS

“When in doubt, sit them out”. Players, coaches, officials, parents and healthcare providers should be able to recognize the symptoms and signs of a SRC.

SYMPTOMS OF CONCUSSION

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision

- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not feeling right

SIGNS OF CONCUSSION

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Cannot recall events after the injury
- Cannot recall events before the injury
- Shows mood or personality changes

ACTION PLAN

Remember these steps:

1. If the player is unresponsive - call for help & dial 911
2. If the player is not breathing; start CPR, call for help & dial 911
 - DO NOT move the player
3. Assume a head or neck injury until proven otherwise
 - Do NOT have the player sit up or move until you have determined:
 - No neck pain
 - No pain, numbness or tingling
 - No midline neck tenderness
 - Normal muscle strength
 - Normal sensation to light touch
4. If the player is conscious and responsive without symptoms or signs of a neck injury:
 - Help the player off the field or court
 - Perform an evaluation
 - Do not leave them alone

5. Evaluate the player in accordance with SCAT5 or other sideline assessment tools. This includes:
 - Ask about concussion **symptoms** (How do you feel?)
 - Examine for **signs**
 - Verify **orientation** (What day is it? What is the score? Who are we playing?)
 - Check **immediate memory** (Repeat a list of 5 words)
 - Test **concentration** (List the months in reverse order)
 - Test **balance** (have the player stand on both legs, one leg and one foot in front of the other with their eyes closed for 20 seconds)
 - Check **delayed recall** (repeat the previous 5 words after 5-10 minutes)

6. If a player is symptomatic or has signs of SRC &/or suffered a worrisome mechanism of injury:
 - Immediately remove the player from play
 - Inform the player's coach/parents and/or guardian
 - Initial treatment requires physical and cognitive rest
 - Advise the player, the player's coach, parent, and/or guardian to seek evaluation and care from a qualified health-care professional
 - Keep the player out of play the day of the injury and until a health care professional experienced in evaluating for concussion, states in writing that the player is symptom free and medically cleared to return to play
 - The player should not be left alone after the injury, and serial monitoring for deterioration is essential over the initial few hours after injury. If any of the signs and symptoms listed herein develop or worsen: go to the **hospital emergency department or dial 911.**
 - Concussion symptoms and signs evolve over time – the severity of the injury and estimated time to return to play are unpredictable.
 - A qualified health care provider should guide the player through Graduated Return-to-School and Graduated Return-to-Sport strategies.

* Following all suspected Sports Related Concussion incidents an "Incident/Accident Report" must be filed with the Town of Huntington Parks and Recreation Department. 631-351-3089