
Concussion Management Policy & Procedures

Terms/phrases used in this document:

- *Youth sports league*: any entity that organizes and provides sponsored youth sports activities
- *Sponsored youth sports activity*: any athletic activity, including practice or competition, for student-athletes under the direction of a coach or athletic director of a youth sports league; this does not include an interscholastic athletic activity
- *Interscholastic athletic activity*: any organized school-sponsored or school-sanctioned activity for students, generally outside of school instructional hours, under the direction of a coach
- *Student-athlete*: an adolescent or child participating in any sponsored youth sports activity or interscholastic athletic activity
- *Coach*: any volunteer or employee of a youth sports league responsible for organizing and supervising student-athletes and teaching them the fundamental skills of extracurricular athletic activities; refers to both head coaches and assistant coaches
- *Physician*: a person who has earned a Doctor of Medicine (MD), Doctor of Osteopathy (DO), or Doctor of Naturopathy (ND) and who is accepted as a practitioner of medicine.
- *Game official*: a person who officiates a sponsored youth sports activity or interscholastic athletic activity, such as a referee or umpire, including, but not limited to, persons enrolled as game officials by the IHSA, the IESA, or a youth sports league.
- *Athletic Trainer*: a licensed health care professional who collaborates with physicians to provide prevention, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions
- *Nurse*: a volunteer or employee at a school who is licensed under the Nurse Practice Act as a registered nurse, practical nurse, or advanced practice nurse
- *Licensed healthcare professional*: a person who has experience with concussion management and who is a licensed psychologist specializing in the practice of neuropsychology or a licensed physical therapist
- *Concussion*: a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may include temporary or prolonged altered brain function resulting in physical, cognitive, behavioral, or emotional symptoms or altered sleep patterns and which may or may not involve a loss of consciousness

Abraham Lincoln Memorial Hospital SportsCare Concussion Oversight Team:

1. Physician
 - A. John O. Watson, MD, MS, RMSK
2. Athletic Trainer
 - A. Missy Anderson, ATC
 - B. Ryan Davis, MS, ATC
 - C. Angela Sloan, ATC
3. Nurse (if employed/provided by the individual school)
 - A. _____
4. Other licensed healthcare professionals (as appointed by a school)
 - A. _____

Concussion Management Policy

1. A student-athlete may not participate in an interscholastic athletic activity for _____ for the 20__ - 20__ school year until the student-athlete and the student-athlete's parent or guardian have signed the Concussion Return Protocol Consent form for the 20__ school year, acknowledging that they have received and read its' content explaining traumatic brain injury and concussion prevention, symptoms, treatment, oversight and the guidelines for safe Return-To-Learn and Return-To-Play. This form must be approved by the:
Illinois High School Association **OR**
Illinois Elementary School Association
2. If any of the following persons believes the student-athlete might have sustained a concussion during an activity, practice or competition, the student-athlete should be removed from participation immediately:
 - a coach
 - a physician
 - a game official
 - an athletic trainer
 - the student-athlete's parent/guardian
 - the student-athlete
3. A student-athlete removed from activity may not be permitted to participate in physical activity, practice or competition again following the force or impact believe to have caused a traumatic brain injury and/or concussion until:
 - A. the student-athlete has been evaluated by a physician (chosen by the student-athlete or the student-athlete's parent or guardian) or an athletic trainer;
 - B. the treating physician or athletic trainer has completed the Post-Concussion Return-To-Learn Consent and the Post-Concussion Return-To-Play Consent;
 - C. the student-athlete has successfully completed each requirement of the Return-To-Learn protocol;
 - D. the student-athlete has successfully completed each requirement of the Return-To-Play protocol;
 - E. the student-athlete or the student-athlete's parent or guardian has completed and signed the Post-Concussion Participation Return Consent form:
4. A coach of an interscholastic athletics activity may not authorize a student-athlete's return to learn or return to play.
5. The district superintendent or a designee of the superintendent, the chief school administrator or that person's designee, or the appropriate administrative officer or that person's designee shall supervise an athletic trainer or other person responsible for compliance with the Return-To-Learn and the Return-To-Play protocols. The person who has supervisory responsibilities may not be a coach of an interscholastic athletics team.

For Coaches and Game Officials

- All coaches and game officials of interscholastic athletic activities must complete an Illinois High School Association-approved training course lasting no less than two hours in the subject matter of concussions, including evaluation, prevention, symptoms, risks, and long-term effects.
 - A. The following persons are required a training course at least once every two years:
 - A coach of an interscholastic athletic activity
 - A game official of an interscholastic athletic activity
 - A school nurse (volunteer or compensated employee) who serves as a member of the concussion oversight team
 - B. Each person required to complete a training course must submit proof of timely completion to the appropriate administrative officer or that person's designee.
 - C. The persons required to complete a training course in concussion must initially complete the training no later than September 1, 2016.

For School Administrators

- A school-specific emergency action plan for interscholastic athletic activities addressing the serious injuries and acute medical conditions in which the condition of a student may deteriorate rapidly must be developed by the governing body of each institution with enrolled students participating in interscholastic athletic activity. The plan must include a delineation of roles, methods of communication, available emergency equipment, and access to and a plan for emergency transport. The emergency action plan will be:
 - A. in writing
 - B. reviewed by the Memorial SportsCare at ALMH Concussion Oversight Team
 - C. approved by the district superintendent or the superintendent's designee in the case of a public elementary or secondary school, the chief school administrator or that person's designee in the case of a charter school, or the appropriate administrative officer or that person's designee in the case of a private school
 - D. posted conspicuously at all venues utilized by the school
 - E. reviewed annually by all athletic trainers, first responders coaches, school nurses, athletic directors, and volunteers for interscholastic athletic activities

This document is in accordance with the recent legislation changes provided in the link below:
<http://www.ilga.gov/legislation/99/SB/09900SB0007.eng.htm>