

## Concussion Management Program and **Pilot** Study for School Year \_\_\_\_\_

The Hawaii State Department of Education (DOE) and the Athletic Health Care Trainers' (AHCT) program have instituted a Concussion Management Program (CMP) to ensure student athletes return to athletic participation safely. CMP has aligned the AHCT program with the National Athletic Trainers' Association Position Statement, 2004<sup>1</sup>; the Consensus Statement on Concussion in Sport, 2009<sup>2</sup>; and the National Federation of State High School Association (NFHS) Concussion Guidelines, 2009<sup>3</sup>. The National Athletic Trainers' Association Position Statement, Consensus Statement on Concussion in Sport, and the NFHS Association Concussion Guidelines were developed by physicians, neuropsychologists, and AHCTs trained in concussion management. The NFHS Association established a new rule in the fall of 2010, ***“any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional.”***<sup>4</sup>

To comply with the NFHS Association rule change and national guidelines, the DOE and AHCT program have instituted the following guidelines for all student athletes participating in collision and contact sports. All ninth and eleventh grade student athletes participating in collision and contact sports along with tenth and twelfth grade student athletes participating in collision and contact sports for the first time will be administered baseline assessments (described below) which will provide the high school AHCT and the student athletes' primary care physician with objective information to compare pre-and-post injury.

- Sway Sports + protocol
  - Graded Symptom Checklist
  - Cognitive Assessment
  - Postural Stability Assessment

A student athlete with a possible concussion, will receive two forms: (1) ***Graded Symptom Checklist for Concussed Athlete*** (GSC List) and (2) ***Medical Referral Form for Concussed Athlete***. The GSC List form provides your child's symptoms at the time of injury. It also includes signs and symptoms to watch for and recovery recommendations. The medical referral form provides information for your child's physician regarding his/her head injury and recommendations for return to activity. After a student athlete takes the cognitive status assessments, the AHCT will collaborate with the student athlete's physician and/or a neuropsychologist to determine if the student athlete is ready to start a **Return to Activity Plan** (see below). This team approach ensures the health and safety of each concussed student athlete.

### **Return to Activity Plan (RAP):**

Step 1. Complete cognitive rest. This may include staying home from school or limiting school hours and study for several days which would be determined by a physician and AHCT, and supported by school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full time.

Steps 3-7. Will be supervised by the high school AHCT and is subject to clearance by the treating physician. These steps cannot begin until cleared by the treating physician for further activity.

***(Each STEP is separated by a minimum of at least 24 hours.)***

Step 3. Light exercise. Walking or riding a stationary

bike. Step 4. Running in the gym or on the field.

Step 5. Non-contact training drills in full equipment. Weight training can

begin. Step 6. Full contact practice or training.

Step 7. Play in game.

The AHCT program will continually monitor its CMP to ensure the health and safety of Hawaii's student athletes. To assist the AHCT program in its CMP monitoring, the DOE will be conducting a study to ensure CMP quality.

By signing below, you acknowledge receipt of information about the DOE's CMP and the signs and symptoms of a concussion.

\_\_\_\_\_  
(Parent/Legal Guardian or Adult Student's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Student Athlete's Signature)

\_\_\_\_\_  
(Date)

### Concussion Management **Pilot** Study (Voluntary)

Participation in this school year's Concussion Management Study is strictly voluntary and your child will not be penalized if he/she elects not to participate. By agreeing to participate in this study, your student athlete's concussion data will be included in the study. **By agreeing to participate in the study you are allowing your child to use their mobile device, if their device meets the minimum specifications.** The Concussed student athlete's injury will be managed whether he/she participates or not in this study. Personal identification information will not be disclosed and will be destroyed at the end of the study.

I, \_\_\_\_\_ the parent/legal guardian of \_\_\_\_\_  
(Parent/Legal Guardian) (Name of Student Athlete)

**Agree** to allow my student athlete to participate in school year \_\_\_\_\_ Concussion Management **Pilot** Study.

**Do not agree** to allow my student athlete to participate in the school year \_\_\_\_\_ Concussion Management **Pilot** Study.

\_\_\_\_\_  
(Parent/Legal Guardian or Adult Student's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Student Athlete's Signature)

\_\_\_\_\_  
(Date)

**References:**

1. National Athletic Trainers' Association Position Statement. *JAT 2004;39(3):280-297*
2. Consensus Statement on Concussion in Sport. *Clin J Sport Med 2009; 19:185-200*
3. National Federation of State High School Association Concussion Guidelines, 2009
4. National Federation of State High School Association. New Rule Release March 4, 2010