

**CRANFORD PUBLIC SCHOOLS  
CRANFORD, NEW JERSEY**

**POLICY: HEAD INJURY MANAGEMENT**

**Policy:**

All Athletes sustaining a head injury will be thoroughly examined and closely monitored to determine the nature and severity of the injury for which an appropriate course of treatment may be prescribed.

**Procedure:**

- The Athletic Trainer Certified (ATC) will perform a complete initial evaluation and follow up evaluation every 5 minutes until symptoms begin to improve. Follow up evaluations, either in person or by phone, should then be performed every 24 hours until the athlete has been asymptomatic for seven concurrent days. Close monitoring is required once the athlete returns, which includes, but is not limited to a graduated activity, plan. Any Athlete who sustained a brain injury will be required to see a physician for re-evaluation.
- Return to gradual activity may be permitted once the athlete has been asymptomatic for 7 concurrent days, has a written clearance from both physician and the ATC.
- Any athlete who sustains two (2) concussions in one season will be referred for a psycho-neurological evaluation and medical exam.
- The ATC will notify the school nurse (RN) of any head injuries that occurred so the school nurse can arrange for proper accommodations for that athlete during school hours.
- The ATC will notify athlete's parents of any head injuries that have occurred and recommend a treatment plan.
- All athletes participating in a collision or contact sport (as defined by American Academy of Pediatrics Classifications) will be required to take a baseline neuropsychological ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) test prior to his/her participation in that sport. This test will be utilized to determine the athlete's recovery after a concussion and will be performed every two (2) years following the concussion. (Baseline should be every 2 years concussion or no concussion) The results of the test are strictly confidential and will be provided only to the athlete, his/her parents and participating physicians upon request and in accordance with all applicable privacy laws.
- Any athlete who sustained a brain injury will be required to take a follow up ImPACT test with the ATC within 48-72 hours post injury. Also, athletes will be required to take a follow up test weekly until they are completely symptom free.
- The ATC will document all evaluation findings and management.
- Concussion severity can be graded using either the American Academy of Neurology Concussion Grading Scale or the Cantu evidence Based Grading System for Concussions as identified by the NATA's Position Statement: Management of Sport-Related Concussions. Accurately grading concussions with these two systems can only be accomplished once the presence and duration of specific symptoms and signs have been identified and determined. Although grading concussions is useful for assisting with management of future concussions, it should not be solely used to determine whether an athlete is able to return to play.
- The decision to resume participation in the sport and return to play will be based on the severity of the concussion, its length, the athlete's history of prior head injuries and results of the ImPACT testing. (And clinical evaluation by a physician)
- Any athlete who is seen by a doctor must be released (signed statement) by the doctor that treated the athlete in order to resume participation with the team. If an athlete goes to an emergency room for care, a release (written) must be obtained before leaving the

hospital because many times the attending physician may not be there the next time the athlete visits. This release must be filed with our Athletic Trainer. It is the athlete's responsibility to get the release to the Athletic Trainer. Do not leave this responsibility to some other person (coach, teacher or friend). In case of long-term or severe injury, clearance by the school physician may also be necessary prior to the athlete returning to practice or competition.(team doctor)

Adopted: November 23, 2009