

**Salem-Keizer School District  
Student and Parent Concussion Statement**

\_\_\_\_\_  
Parent Initial      Student Initial

I understand it is my responsibility to report all injuries and illness to my certified athletic trainer and/or team physician or head coach.

\_\_\_\_\_  
Parent Initial      Student Initial

I have read and understand the Concussion Fact & ImpACT sheet. *(attached)*

\_\_\_\_\_  
Parent Initial      Student Initial

I have read and understand the Return-to-Play protocol. *(attached)* I also understand any athlete with a concussion will be required to follow the steps, in order, even if cleared by a medical professional prior to completion of each step.

**I AM AWARE OF THE FOLLOWING INFORMATION:**

\_\_\_\_\_  
Parent Initial      Student Initial

A concussion is a brain injury, which I am responsible for reporting to my certified athletic trainer or head coach.

\_\_\_\_\_  
Parent Initial      Student Initial

A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.

\_\_\_\_\_  
Parent Initial      Student Initial

You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the initial injury.

\_\_\_\_\_  
Parent Initial      Student Initial

If I suspect a teammate has a concussion, I am responsible for reporting the injury to my certified athletic trainer or head coach.

\_\_\_\_\_  
Parent Initial      Student Initial

I will not return to play in a game or practice if I am experiencing concussion-like symptoms.

\_\_\_\_\_  
Parent Initial      Student Initial

Following a concussion the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.

\_\_\_\_\_  
Parent Initial      Student Initial

In rare cases, repeat concussions can cause permanent brain damage, and even death.

\_\_\_\_\_  
Signature of Student-Athlete      Date

\_\_\_\_\_  
Printed name of student-athlete

\_\_\_\_\_  
Signature of Parent      Date

\_\_\_\_\_  
Printed name of parent

# Salem Keizer School District Concussion Management Return-To-Play Policy (Provided by Orthopedics of Oregon)

Salem Keizer School District student-athletes having a suspected concussion will finish the Return-To-Play (RTP)\* Protocol.

- The athlete must meet the requirements of each step of the RTP protocol, with no return of symptoms in order to progress to the next step.
- There must be a minimum of 24 hours elapsed for progress between steps. If symptoms return at any step, the athlete will return to step 1 until symptoms resolve, and repeat the progression.
- Clearance from a licensed health care professional as defined per Max's Law **OAR 581-022-0421** (see box below) must be given before the athlete moves past Step 1. Clearance can be given via communication with the school Athletic Trainer; office visits are not always mandated.

Step 1: **NO ACTIVITY.** The athlete has completed the following items:

- A. Is self-reported to be symptom free on the SCAT3 Symptom Form
- B. Has returned to school full time
- C. Returned to a normal ImpACT score

Step 2: **LIGHT EXERCISE.** The athlete may engage in light, non-contact, low-impact aerobic activity such as walking, swimming, or riding an exercise bike with a goal of elevating heart rate (<70% of age-predicted maximum heart rate).

Step 3: **SPORT-SPECIFIC ACTIVITIES.** The athlete may engage in vigorous, non-contact, sport specific drills, with a goal of challenging concentration and increasing impact associated with elevated heart rate without the threat of contact from others. No helmet or other equipment should be utilized.

Step 4: **NON-CONTACT TRAINING DRILLS IN FULL EQUIPMENT.** The athlete may participate in non-contact practice, with a goal of simulating sport participation without opportunity for re-injury. *Resistance training can begin or resume.*

Step 5: **FULL CONTACT PRACTICE or TRAINING.** The athlete may participate in unrestricted training or practices.

Step 6: **RETURN TO PLAY.** The athlete is considered fully cleared for participation, including games.

\* Based on the 2014 NATA Position Statement: Management of Sports Concussion

Per OAR 581-022-0421 "Health Care Professional" means a Physician (MD), Physician Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners.

# Concussion Facts and ImPACT

Dear Parents and Guardians,

Salem-Keizer School District Athletic Training and Athletic Departments use a cognitive testing program called ImPACT as a tool to assist in determining when athletes are ready to return-to-play after sustaining a concussion. The following information will help educate you regarding this program and how it is used.

## **What is a concussion?**

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A concussion is a brain injury in which trauma to the head results in a temporary disruption of normal brain function. The injury occurs when a person's brain is violently rocked back and forth or twisted inside the skull as a result of a direct or indirect force. A concussion disturbs brain activity and should be handled as a serious injury. AN INDIVIDUAL DOES NOT HAVE TO LOSE CONSCIOUSNESS ("KNOCKED-OUT") TO SUFFER A CONCUSSION. Proper healing and recovery time following a concussion are crucial in preventing further injury.

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing. In summary, the best way to prevent difficulties with concussion is to manage the injury properly when it occurs.

## **What is ImPACT?**

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ImPACT is currently the most widely utilized computerized concussion management program in the world and has been implemented effectively for high school, collegiate, and professional athletes. ImPACT stands for Immediate Post-concussion Assessment and Cognitive Test. ImPACT is a computer test that evaluates multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time and post-concussive symptoms.



After an athlete suffers a concussion, a medical evaluation followed by a "post-concussion" ImPACT test is performed. Post-concussion testing should be taken within 48 to 72 hours after the injury. Diagnostic testing may be ordered, such as a MRI or a CT scan, to rule out structure injury to the skull or brain. In spite of the fact that these tests are usually normal, a serious concussion may still have occurred.

Athletes, especially those who participate in contact sports, should take a "baseline" test prior to the start of their athletic season. The baseline test takes approximately 30 minutes. Taking a baseline is like "giving your brain a physical" and establishes a normal level of performance. If an athlete has not taken the baseline test, ImPACT Inc. has developed norms that can be used to evaluate the recovery process of a concussed athlete.

## **Who will be tested?**

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Any athlete who suffers a head injury will take a post-concussion test. However, those athletes participating in the activities that put them at the greatest risk of sustaining a concussion will be pre-tested to establish their individual baselines.

If you are still curious about ImPACT, you can find a sample of the test and more information on their website at <http://www.impacttest.com>.

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