

Knox Community Schools Concussion Procedure

1. Athlete is suspected of concussion:
 - a. On campus- Athlete is pulled out of activity and needs to be assessed by athletic trainer
 - i. If athletic trainer is not available immediately; call for their attention
 - b. Off campus- Always text/call athletic trainer to inform them of injury
 - i. Pull athlete from activity and have them assessed by that school's athletic trainer
 - ii. No athletic trainer present= Athlete is pulled from activity for the night until they are seen by a physician or Maggie.
 - c. When athlete is suspected of concussion, whether they are cleared or diagnosed, they are to sit out activity for at least 24 hours.
2. Athlete is evaluated for a concussion
 - a. Athlete can be evaluated by an individual who has training in the evaluation and management of concussions and head injuries and who is either an Indiana athletic trainer ATC/L, Indiana medical doctor (MD), Doctor of Osteopathic Medicine (DO), physician's assistant, or nurse practitioner (NP) holding an unlimited license to practice medicine in the state of Indiana
 - b. The individual evaluating the athlete must have been assigned to a contest to provide medical services or has been assigned to provide medical services to students at a school's athletic practice
 - c. If the athlete is determined to NOT HAVE a concussion, the athlete may return to normal activity the next day.
 - d. If the athlete is determined to HAVE a concussion then that athlete is removed until they can be cleared by an Indiana medical doctor (MD), Doctor of Osteopathic Medicine (DO), physician's assistant, or nurse practitioner (NP), and they have completed the five-day return to play procedure.
3. ImpACT testing
 - a. All athletes will be baselined tested at the beginning of the season.
 - b. When the athlete has a concussion, they will take the ImpACT test once they are symptom free to take the report with them to their appt. to be cleared:
 - c. ImpACT tests will be retaken:
 - i. If they are not cleared and need a new report to take with them
 - ii. At the request of the healthcare provider
4. If the athlete is not cleared, they are to not participate until they are!!!
5. The athlete must provide the athletic trainer with the state provided concussion clearance form which can be obtained from the athletic trainer, IHSAA website, or

Indiana state concussion law website. (NO OTHER DOCUMENTS OR DOCTORS NOTES ARE ALLOWED!!!)

6. When the athlete is cleared, they are to complete the five-day return to play procedure (All return to play procedures are individually altered based on sport)
 - a. Step 1: Light Activity (10 minutes on exercise bike)
 - b. Step 2: Moderate Activity (Light Jogging/Running, Core workout)
 - c. Step 3: Non-contact practice (May participate in non-contact sport specific drills, running, and sprinting)
 - d. Step 4: May return to full contact practice
 - e. Step 5: Full game play

7. The athlete must complete the entire five-day procedure symptom-free. If they experience any symptoms, they are to regress one step back. If they are experiencing symptoms for more than five days after originally cleared, they will be sent back to doctor for reevaluation.

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