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## BREMEN ATHLETIC DEPARTMENT

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Student-Athletes and Parents of Bremen High School,

Bremen High School (BHS) coaches have been certified by the National Federation of State High School Associations on the importance of proper concussion recognition and management in high school sports. Kosciusko Community Hospital (KCH) provides athletic training services to BHS. Kelli Myers, ATC, LAT, has been certified by the National Athletic Trainers' Association and licensed by the State of Indiana. She is employed by KCH and serves as the certified athletic trainer for BHS.

In the event of a concussion, BHS will strictly follow a return-to-play protocol for all student-athletes with a suspected concussion. On-site physicians and certified athletic trainers are in the best position to identify possible concussions when they occur. Coaches and contest officials are trained to recognize potential signs and symptoms of concussions and will refer student-athletes to the on-site physician/certified trainer for evaluation and treatment.

All athletes suspected of suffering a concussion must be cleared by a medical physician (M.D. or D.O. and cannot be a chiropractor or nurse practitioner.) Once cleared by a medical physician, regardless if a concussion has been diagnosed or not, the athlete will follow a 5-Step Return-To-Play Progression Program under the direction of Kelli Myers, ACT, LAT, in conjunction with the athlete's physician. All athletes with a suspected concussion will complete the 5-Step program. Each step is to be completed on separate days. If symptoms return during the Return-To-Play-Program, the athlete must return to the previous step until he/she can complete that stage; symptom free.

The aforementioned procedure is described in the Concussion Management bulletin provided by KCH (attached.) This protocol meets or exceeds the State of Indiana laws and IHSAA guidelines. The ultimate goal of this policy and state law is to ensure the safety and well-being of all student-athletes.

Sincerely,

*Troy Holmes*

Troy Holmes – Bremen High School Athletic Director

## ACTIVITIES TO AVOID OR LIMIT WHEN YOU HAVE SUFFERED A CONCUSSION:

After suffering from a Concussion, you will need to avoid (limit) the following activities:

- a. Anything involving concentration, including
  - 1) Computer usage
  - 2) Watching television / playing video or computer games
  - 3) Texting (talking on cell phone is okay)
  - 4) Reading
  - 5) Driving (especially at night)
- b. Anything involving physical exertion activities, including:
  - 1) Excessive walking
  - 2) Any Running
  - 3) Weight lifting / training
  - 4) Carrying heavy items (i.e., working around the home)

ANY activity, physical or not, that increases the level of any sign or symptom of a concussion, should be avoided until cleared by a licensed medical physician.

**NOTE:** If you have been diagnosed with a Concussion, you may have trouble concentrating and your grades may suffer as a result of this. Be prepared to discuss this with the school's academic counselor and, if necessary, request additional time to complete assignments and take tests.

IF YOU WISH TO RECEIVE ADDITIONAL INFORMATION REGARDING CONCUSSIONS AND THEIR EFFECTS ON THE ATHLETE, PLEASE ASK THE NURSE AT DR. TOM KRIZMANICH'S OFFICE OR YOUR HIGH SCHOOL'S ATHLETIC TRAINER!

## RETURN-TO-PLAY STANDARDS:

In order to achieve full clearance to return-to-play, you must pass a computerized, cognitive test, then be medically cleared by a physician, and then pass a series of physical exertion tests, which are administered by the Athletic Trainer!

### ImPACT Cognitive Computer Test

- Level 1** – Light Aerobic Exercise => increased heart rate (walking, stationary bike, sit-ups, etc.)
- Level 2** – Sport-Specific Exercises (ex: skating, running, cutting, jumping, etc.)
- Level 3** – Non-Contact Drills (complex training drills, passing, catching, resistance training, etc.)
- Level 4** – Full Contact Practice (full medical clearance)
- Level 5** – Return-to-Play (game level activities)

Each Level is spaced approximately twenty-four (24) hours apart to allow for adequate recovery time between each physical exertion test.

If an athlete suffers a concussion and chooses NOT to participate in the ImPACT program, that athlete must be symptom-free for one (1) full week (7 days), and be cleared by a medical physician, prior to going through the Return-To-Play Progression Program, which you must still pass.

If an athlete chooses not to see Dr. Krizmanich after suffering a concussion, that athlete CANNOT return to participation in sport / athletics until cleared by a medical physician (MUST be an M.D. or D.O., and CANNOT be a Chiropractor or Nurse Practitioner) and still pass the Return-To-Play Progression Program.



Lutheran Health Network

2101 East DuBois Drive | Warsaw, IN  
574.267.3200 | 800.828.5628 | [www.kch.com](http://www.kch.com)



Regional Health Information Center

Dr. Tom Krizmanich  
Northern Lakes Orthopedic  
3310 Lake City Parkway  
Warsaw, IN 46786

# Concussion Management



## CONCUSSIONS DEFINED:

A concussion is a type of **TRAUMATIC BRAIN INJURY** that alters the way in which your brain operates. The effects are usually temporary, usually lasting in length from days to weeks, but can include problems with headaches, concentration, memory, judgment, balance, coordination, etc.

Although concussions are usually caused by a direct blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness, but most concussions do not. Because of this, some people suffer concussions and don't realize it.

Concussions are common, particularly if you play a contact sport, such as football, basketball, soccer, etc. But every concussion injures your brain to some extent. This injury needs time to heal properly.



Luckily, most concussive injuries are mild, and people recover quickly.

One of the most important things to remember is that repeated concussions have been linked to permanent changes in the brain and can cause permanent damage. Allowing time for proper healing, after suffering a concussion, may go a long way toward preventing permanent type damage to the brain.

Do not lie about your symptoms. Playing with a concussion increases your risk of having another concussion, which can lead to permanent brain damage or even death.

## CONCUSSION SIGNS / SYMPTOMS:

The Signs and Symptoms of a Concussion can be subtle and may not be immediately apparent. Symptoms can last for days, weeks, or even longer.

Signs and symptoms of a concussion may include, but are not limited to the following:

1. Headache (or feeling pressure in the head)
2. Dizziness (or seeing 'stars')
3. Light-headedness
4. Confusion (feeling a bit 'foggy')
5. Nausea and/or Vomiting
6. Loss of Appetite
7. Balance Issues (unsteady walking)
8. Vision Problems (double or blurred)
9. Sensitivity to Light and Noise
10. Ringing in the Ears
11. Temporary Loss of Consciousness
12. Amnesia surrounding the event
13. Slurred Speech or Slowed Responses
14. Concentration and Memory Complaints
15. Irritability / Crankiness
16. Depression or other Personality Changes
17. Fatigue (feeling tired all of the time)
18. Difficulty Sleeping or Getting to Sleep

## WHAT TO DO FOR THE FIRST 24 HOURS:

It is alright for the athlete to sleep, but someone should wake up the athlete every 2-3 hours. If they are unable to be aroused, or have other symptoms including: slurred speech, confusion, double or blurred vision, fluid in ears, eyes, or nose, worsening headache, seizures, and fever, contact your physician or go to the emergency room.

## OTHER CONSIDERATIONS:

In determining the safest return-to-play time frame for the athlete with a concussion, there are several factors that are taken into consideration, such as:

1. Any continued Post-Concussive Symptoms
2. Any previous Concussion History
3. All diagnostic testing results, including CT scans, MRI's, X-Rays, and computer based, neuro-cognitive testing (ImPACT).
4. A physical exam (conducted by a licensed medical physician)
5. All physical exertion tests (5 levels)

All information will be utilized by the physician and the Athletic Trainer in establishing a time-line for returning an athlete safely to participation in their respective sport. It is important to note that this timeline could last over a period of days, weeks, or months, or could potentially disqualify an athlete from athletics.

Please understand that there is no, pre-set time-line for safe return-to-activity as each individual's response to injury and recovery is different. No one can accurately predict when a concussed athlete might return to the field of play safely.

Healing takes time and rest. There is nothing out there that will speed up the healing process.

All cases will be handled on an individual basis.

The decision, by the treating physician, for all cases of an athlete's return to participation in sport activities is FINAL!