Purpose

The Rancho Santiago Community College District Concussion Management Plan seeks to provide an institutional approach to the care of the student athletes who exhibit signs, symptoms or behavior consistent with concussion. The team physician or their designee, according to the concussion management plan, shall determine medical clearance. This plan is to help expedite initial care, follow-up treatment and appropriate referral to specialists in the treatment of concussion injuries.

Personnel and Their Roles

Physician

- Team Physician will consult with staff Certified Athletic Trainer on the status of student athletes, review test results and meet with athlete when deemed necessary.
- Team Physician or physicians’ designee will have the sole right and ability to release the athlete for return to play.

Certified Athletic Trainer

- Provide assessment of concussion when injury has occurred and follow treatment protocols as outlined in Concussion Management Plan.
- Provide baseline testing for all student athletes who participate in high-risk sports, or who have a previous history of concussion.
- Initial assessment will include but not be limited to the following:
  - Sideline assessment
  - Injury documentation
  - Follow-up evaluation and care
- Facilitate re-evaluation with testing protocol utilized for baseline testing.
- If no baseline testing was done, then SCAT2 or test designated by team physician.

Coach

- Assist medical staff in monitoring injured athlete and will understand that ONLY the medical staff may determine participation levels for the injured athlete.
- Coaches will read the “NCAA Concussion Fact Sheet” and initial and sign the “Coaches Injury and Concussion Acknowledgment”.

RSCCD Concussion Management Plan 06/2012
Student Athlete

- Will receive education by the medical staff on head injuries and concussion, including a copy of the “NCAA Concussion Fact Sheet”.
- Will initial and sign the “Student Athlete Injury and Concussion Acknowledgement” after reading and understanding the “NCAA Concussion Fact Sheet”.
- Will accept responsibility to report symptoms of concussion immediately to medical staff.
- Student athletes of high-risk sports will participate in pre-season baseline testing.

Baseline Testing

Pre-season Baseline Concussion Testing establishes each individual athlete’s “normal” pre-injury neurocognitive performance. This will provide the medical staff with more reliable measures for the determination of post-injury recovery and return to play decisions.

At a minimum, all athletes participating in football, men’s and women’s soccer, men’s and women’s water polo, wrestling, volleyball, men’s and women’s basketball, baseball and softball will participate in pre-season baseline concussion testing.

Any of the following baseline testing assessment methods may be used:

- ImPACT Immediate Post-Concussion Assessment and Cognitive Testing
- SAC Standardized Assessment of Concussion
- BESS Balance Error Scoring System
- SCAT2 Sport Concussion Assessment Tool 2

Procedures

A student athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by a member of the medical staff experienced in the evaluation and management of concussion.

Student athletes diagnosed with a concussion SHALL NOT RETURN TO ACTIVITY FOR THE REMAINDER OF THAT DAY.

Management Plan (sideline)

- Once a determination of concussion is made the Certified Athletic Trainer will initiate necessary procedures to ensure the student athlete is cared for properly and receives proper medical attention.
- If the athlete has non-urgent symptoms, the SCAT2 should be utilized for the athlete’s evaluation.
- The team physician should be notified.
- For away contests or practices, if no Certified Athletic Trainer is traveling with the team then the host institutions medical staff should be utilized.
- The injured student athlete will be given written instructions for home, contained in the “Concussion Home Instructions Sheet”. This sheet will include but not be limited to “Do’s” and “Don’ts”, follow-up instructions and referral for further medical attention, if appropriate.
**Physician Management**
Once the Team Physician completes clinical evaluation and diagnosis; the physician will determine, if there is needed additional testing, follow-up evaluation, and management.

**Certified Athletic Trainer Management**
A medical staff Certified Athletic Trainer will conduct daily symptom analysis and facilitate post-injury neurocognitive testing as directed by the Team Physician.

**Neurocognitive Testing**
- The SCAT2 may be utilized for initial post-injury assessment for evaluation of concussion.
- Once the athlete is asymptomatic, follow-up testing will be performed with the same testing protocol utilized for baseline testing, if applicable.
- If no baseline testing is available, utilizing either the SCAT2 or a computer-based neurocognitive testing can facilitate follow-up testing, as directed by the physician.

**Return to Play Protocols**
Individualized decision making on a case-to-case basis will be made by the team physician based on all available information and in consultation with the athletic training staff and outside consultants when applicable.

Once an athlete is asymptomatic for a minimum of **24 hours**, a 6 day Grade Recovery period may begin such as follows:

**Graded Return to Play Protocol**
- **Step 1** Light aerobic exercise (Stationary bike <70%, 10 min)
- **Step 2** Increase aerobic exercise (Bike, body weight exercises)
- **Step 3** Non-contact sport specific exercises/drills
- **Step 4** Increase non-contact, more complex sport specific drills
- **Step 5** Full contact participation
- **Step 6** Return to game play

*For steps 1-5 there will be at least a 24 hour period between each step.*
*If symptoms return at any point, the 6 day recovery period will start over after 24 hours of complete symptom resolution*

Due to the cumulative nature of concussion, management plans will be individually tailored with consideration of each athlete’s medical history.

**Final authority for return to play lies under the discretion of the Team Physician or his/her previously assigned designee(s).**
Forms and Supporting Documents

- Rancho Santiago Community College District Management Plan
- Head Injury Guidelines and Information Sheet
- NCAA Student Athletic Concussion Fact Sheet
- Student Athlete Injury and Concussion Reporting Acknowledgement Statement
- NCAA Coaches Concussion Fact Sheet
- Coaches Injury and Concussion Statement
- Graded Symptom Checklist
- SCAT2 Concussion Assessment Tool
- BESS Concussion Assessment Tool
- SAC Concussion assessment Tool