



# TVMHS Concussion Action Plan

## Management of Sports-Related Concussion

Twin Valley Middle High School has developed this protocol to address the issues of identifying and managing concussions for students participating in our school sports and activities. Act 68 was signed into law in 2013 and requires that schools have a plan of action addressing concussion identification, the return to activity, staff and parent education, etc.

A safe “return to activity” protocol for both sports and academics is important following any injury, but is essential after a concussion. This protocol outlines our plans to identify, treat, and refer athletes, and appropriately return them to regular activity. Consistent use of this protocol will ensure that athletes receive the proper follow-up and academic accommodations, ensuring the athlete has fully recovered prior to returning to regular activities.

A concussion is a type of traumatic brain injury, or TBI, typically caused by an impact to the head or body causing the brain to bounce or twist in the skull. This causes damage to brain cells and, while not life-threatening, can have serious effects (CDC, 2017).

### Recognition of Concussion

These Signs and symptoms, following a witnessed or suspected blow to the head or body, are indicative of a possible concussion.

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Forgetful	Loss of Consciousness (not required)
Appears dazed or stunned	Fatigue
Exhibits confusion	Nausea or Vomiting
Unsure about game, score, or opponent	Double or Blurred Vision
Moves clumsily	Sensitive to light or noise
Balance problems	Feeling sluggish
Personality changes	Feeling “foggy”
Responds slowly to questions	Problems Concentrating
Forgets events prior to or after hit	Problems remembering
Headache	

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Any student who exhibits signs, symptoms, or behaviors consistent with a concussion will be **removed from competition, physical education class, or practice** and will not be allowed to train or compete with a school athletic team or physical activity until the student has been examined by and received written permission to participate in athletic activities from a health care provider (per Act 68, approved by the VT Legislature in 2013). The registered nurse on duty and/or the coach has been designated to make the initial decision to remove a student from play when it is suspected the person may have suffered a concussion. Students with a suspected concussion should not be permitted to drive home. The school nurse or coach informs parents/guardians that their student/child may have sustained a concussion.

**Return-to-Learn Protocol:** In cases of severe concussion, as identified by health care provider, the following steps are required before the student can return to academic activity. The student is required to complete the RTL(Return to Learn) protocol and be symptom free for 24 hours before beginning the RTP (Return to Play) protocol.

Home - Total Rest

Home - Light Mental Activity

School - part time – maximum accommodations: short days, scheduled breaks, modified testing and assignments

School - part time – moderate accommodations: modified testing, increase time in classroom

School - full time – minimal accommodations: routine testing, increase time in classroom

School - full time – full academics, no accommodations

**Return-to-Play Protocol:** The return-to-play plan should start only when a student has been **symptom free** for 24 hours. It is important to wait for 24 hours between steps because symptoms may develop several hours after completing a step. Do not take any pain medications while moving through this plan (no ibuprofen, aspirin, Aleve, or Tylenol). This program is supervised by Twin Valley Middle High School coaches under the guidance of the School nurse and our supporting physician.

Step 1: Aerobic conditioning - walking or stationary cycling.

Step 2: Sports-specific, simple, non-contact drills – skating drills in hockey, running drills in soccer/basketball.

Step 3: Non-contact training drills – more complex training drills - passing in soccer/ice hockey/basketball.

Step 4: Full contact practice/participation (**Medical Clearance required** prior to this point).



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Step 5: Full clearance for return to play.

Generally, the School Nurse in coordination with Coach will approve a student's progress through the RTP steps, culminating in return to play. The school nurse reserves the right to defer to the student's physician to make the final determination regarding the student's return to athletic or other strenuous activity.