

Whitman College Sports Medicine

Mild Head Injury/Concussion Management Plan

Baseline Testing

Baseline testing is completed for all first year student athletes prior to beginning their season.

- ImPACT Test – Computerized neurocognitive testing

Clinical Evaluation and Assessment Following Mild Head Injury

Student-athletes who exhibit signs, symptoms, or behaviors consistent with a mild head injury **shall be removed** from practice or competition and evaluated by a staff Athletic Trainer. Student-athletes diagnosed with a concussion **shall not return** to activity for the remainder of the day. *Mild Head Injury Instructions* form is completed and given to the student-athlete and reviewed with their roommate or parents (if they are going home after a game in which they sustained an injury). Re-evaluation is performed daily following the injury until the student-athlete is cleared for full participation. Return to participation is an objective decision. No one test (GSC or SAC) is utilized solely to determine recovery or return to participation.

- Graded Symptom Checklist (GSC) – Self reported symptoms.
- Standardized Assessment of Concussion (SAC) – Tests cognitive function.

Physician Referral

Mild Head Injury - There is no amnesia (amnesia is different than confusion) or loss of consciousness. Student-athletes are not referred to a physician unless:

- Post-concussive symptoms worsen or do not improve.
- Increase in the number of symptoms reported.
- Post-concussive symptoms begin to interfere with the student-athlete's daily activities.

Moderate Head Injury - There is amnesia, but no loss of consciousness. Student-athletes are referred to a physician. The physician will determine if further diagnostic testing (i.e. CT Scan, MRI) and/or follow-up with a neurologist is required.

Severe Head Injury - There is amnesia and observable loss of consciousness (by coach, athletic trainer, or teammate). Student-athletes are referred to a physician. The physician will determine if further diagnostic testing (i.e. CT Scan, MRI) and/or follow-up with a neurologist is required.

Return to Participation Testing

Mild Head Injury – Return to participation testing will begin once the student-athlete's GSC/SAC test scores have returned to baseline and they have been completely symptom free for 24 hours.

Moderate Head Injury – Return to participation testing will begin once the student-athlete's GSC/SAC test scores have returned to baseline and they have been completely symptom free for one week.

Severe Head Injury – Return to participation testing will begin once the student-athlete's GSC/SAC test scores have returned to baseline and they have been completely symptom free for two to four weeks.

- **Exertional Bike Test** (20 Minutes with a progressive increase in resistance every 5 minutes, Maintain Speed Between 80-90 RPM's)

- If there is no change in the GSC/SAC scores following the Exertional Bike Test and there is no return of symptoms during or after the Exertional Bike Test within a period of 24 hours, the student-athlete is cleared to participate in a non-contact practice.
 - If there is a change in the GSC/SAC scores following the Exertional Bike Test and/or there is a return of symptoms during the Exertional Bike Test or within a period of 24 hours, continue to re-evaluate daily.
 - Mild Head Injury – Once the student-athlete’s GSC/SAC scores return to baseline and they are completely symptom free for 24 hours, repeat the Exertional Bike Test.
 - Moderate Head Injury – Once the student-athlete’s GSC/SAC scores return to baseline and they have been completely symptom free for one week, repeat the Exertional Bike Test.
 - Severe Head Injury – Once the student-athlete’s GSC/SAC scores return to baseline and they have been completely symptom free for two to four weeks, repeat the Exertional Bike Test.
- **Non-Contact Practice –**
 - If there is no return of symptoms during or after the non-contact practice within a period of 24 hours, the student-athlete is cleared to participate in a contact practice.
 - If there is a return of symptoms during or after the non-contact practice within a period of 24 hours, the student-athlete is removed from participation and re-evaluated daily until they are symptom free.
 - Mild Head Injury – Once the student-athlete’s GSC/SAC scores return to baseline and they are completely symptom free for 24 hours, repeat the return to participation testing from the beginning.
 - Moderate Head Injury – Once the student-athlete’s GSC/SAC scores return to baseline and they have been completely symptom free for one week, repeat the return to participation testing from the beginning.
 - Severe Head Injury – Once the student-athlete’s GSC/SAC scores return to baseline and they have been completely symptom free for two to four weeks, repeat the return to participation testing from the beginning.
- **Contact Practice –**
 - If there is no return of symptoms during or after the contact practice within a period of 24 hours, the student-athlete is cleared for participation in competition.
 - If there are no contact practices scheduled between the completion of the non-contact practice and the next competition:
 - One additional consecutive symptom free non-contact practice will be required in lieu of the contact practice (i.e. Thursday is first non-contact practice, Friday is second non-contact practice, Saturday is game).
 - Two additional symptom free non-practice days will be required in lieu of the contact practice (i.e. Thursday is first non-contact practice, Friday is off for non-travel squad, Saturday is off for non-travel squad, Sunday is game).
 - If there is a return of symptoms during or after the contact practice for a period of 24 hours, the student-athlete will be referred to a physician for follow-up evaluation.

Note: Final return to play decisions will be made solely by the Whitman College Sports Medicine team (athletic trainer, team physician, or neurologist if consulted) based upon the Mild Head Injury Testing Protocol.