



Illiana Christian High School Concussion Management Plan

In accordance with the IHSA and IN State Concussion Law the following Concussion Management Plan has been developed for the management of concussions at Illiana Christian High School. It is based off of the current international consensus statements and professional position statements. Illiana Christian has developed a Concussion Oversight Team to ensure the proper care and management of concussions is followed throughout the course of a concussion sustained by our student-athletes.

CONCUSSION OVERSIGHT TEAM: The Concussion Oversight Team at Illiana Christian High School consists of the following individuals: Melissa Vargas, Dr. Leda Ghannad, Darren DeBoer, Neil Zandstra, Melanie Benes, Heidi Teach, and Peter Boonstra. Along with the Concussion Oversight Team, the athletic trainer acts as a "point person" at the affiliate for dealing with athletic injuries. This includes the care and management of concussions. The Athletic Trainer (AT) will provide initial evaluation of the injury, and see to it that the athlete is properly managed and attended to during the extent of the injury.

EVALUATION AND BASELINE TESTING: Proper evaluation of a concussion entails monitoring symptoms, as well as basic sideline screenings. This includes, but is not limited to use of the Graded Symptoms Checklist and SCAT 5 tests. At the beginning of the sports season all student-athletes will take a Baseline Test using the Concussion Vital Signs (CVS) system. CVS Baseline Tests are good for 2 years. Upon a sustained concussion, the student-athlete will retake a Post-Concussion CVS Test that will help to show deficits as well as progression in the healing process of the brain.

REFERRAL: All concussions will be referred on to a physician trained in concussion management for further evaluation and care. It is the AT's discretion if the athlete should be sent to the Emergency Room for closer evaluation. Signs such as abnormal pupil response, abnormal cognition, decreasing vital signs, or a sudden increase in amount and/or severity of symptoms should warrant immediate referral to the Emergency Department of a near hospital. Before seeing a physician for a sustained concussion, the athletic trainer will send all concussion paperwork and testing to the rendering physician to allow for the most up to date assessment of the injury and best Return to Learn/Play Plan for that individual student-athlete.

RETURN TO PARTICIPATION: Once it has been determined that an athlete has sustained a concussion, they must be removed from athletic participation immediately. The athlete should remain removed from participation until they are symptom free at rest. Upon being symptom free at rest, the student-athlete may begin a progression back to sports participation. Illiana Christian High School will be using the return to participation model set forth by the 5th International Consensus Statement on Concussion in Sport.

RETURN TO LEARN: Once a concussion is sustained, a student-athlete may also need adaptations in the classroom as part of the healing process of the brain. These restrictions and recommendations will be provided by a licensed physician trained in concussion management and then passed along to the Illiana Christian Administration as well as the student-athlete's teachers.

This guideline is for information purposes only and does not constitute medical advice.

For more information on concussions, go to our website at www.athletico.com/concussion