



LEYDEN HIGH SCHOOL ATHLETIC TRAINING
CONCUSSION MANAGEMENT PROTOCOL

2019-2020

Updated 08.28.19

- Any athlete with a suspected concussion, or with any symptoms resembling a concussion, will not return to play that day. No exceptions.
- Symptoms are defined, but not limited to:
 - Headache, blurry vision, nausea, vomiting, fatigue, irritability, ringing in ears, light-headedness, dizzy, loss of consciousness, memory loss, cognitive dysfunction.
- Any athlete that suffers a loss of consciousness will be transported via EMS for further evaluation.
- Our team physician, Dr. Mike Ladewski, welcomes any possible concussion cases to be seen by him in his clinic.
 - Any athlete still experiencing symptoms after 5 days will be required to see Dr. Ladewski, or another appropriate physician.
 - It is our recommendation that Dr. Ladewski be the choice physician to handle Leyden athletes' head injuries.
 - A physician visit is **always** warranted if a loss of consciousness occurs, vomiting, or excessive symptoms lasting longer than 1 week, and always at the parent/guardian's discretion.
 - A physician visit is also **always** warranted if this is a repeat concussion.
- All head injuries are different, and will be treated on an individual basis.
- At a minimum, every athlete suspected of having a concussion, and treated by the Athletic Trainer, will follow:
 - 2 days **completely** symptom-free before beginning the return to play protocol.

- Leyden's team physician, Dr. Mike Ladewski, recommends the student-athlete re-integrate, or not miss any school if possible. **IF** the student-athlete is symptomatic, the following accommodations may be made (under the direction and written note of an MD):
 - Wearing sunglasses in school/class
 - Wearing a hat in school/class
 - Leaving class early to avoid crowded hallways
 - Allowed to put head down on desk when not feeling well
 - Allowed to see the nurse to lie down if not feeling well
 - Allowed to eat lunch somewhere quiet
 - Allowed to sit in study hall, or somewhere quiet during PE
 - Allowed extra time for missed school work and tests
 - No standardized testing
 - Any other accommodation per the treating Physician and discussed with the Concussion Committee Oversight team

- Leyden High School does not use ImPact or any other computerized test at this time. Athletes will be evaluated using SCAT5 testing, and in some cases C3 Logix (an Ipad based test).

- An athlete with a concussion must be given ample time to rest and recover physically and emotionally.

- An athlete will **never** return to play while still experiencing any sign or symptoms of a head injury. No exceptions.

- If an individual is still experiencing symptoms in multiple days following the injury, it may be recommended that the athlete see a physician at that time (preferably one trained in concussion management).

- If at any time during the concussion treatment, there is a question of safety for the athlete, physician intervention will occur.

- While these protocols are put in place, head injuries are not taken lightly. General guidelines will be followed for every athlete, however each and all concussion return to play situations will be handled on a case by case basis.

- Do not take any medications during this plan, unless otherwise instructed by a doctor. Anti-inflammatory and pain medication (such as Tylenol or Ibuprofen/Advil) can mask the symptoms of a concussion.

- Any athlete who is seen by a physician, for **any** injury, **MUST** have a release note before being allowed to return to play. The date they are allowed to return indicated on the note will be the day that the Athletic Trainer initiates a return to play protocol, NOT the day the athlete will return to play. This may still consist of several days of testing, even after cleared by the

physician. They must complete the protocol before returning to full contact and non-restricted play.

- A return to learn protocol will also be established among a committee designated by the administration. This protocol will help define parameters for a student-athlete to return to class following a concussion.

The following is taken directly from the IHSA website:

<http://ihsa.org/Resources/SportsMedicine/ConcussionManagement/HealthCareProviderInformation.aspx>

What licensed health care providers can provide clearance for an athlete to return to play in the same contest in which he/she was removed for a possible head injury?

- Physicians licensed to practice medicine in all its branches in Illinois (MD/DO)
- Certified Athletic Trainers (ATC)

In the event one of the above designated health care providers is not able to clear an athlete to return to play in the contest he/she was removed for a possible head injury, the student athlete can NOT return to play in that contest and becomes subject to the IHSA Return to Play Policy.

What licensed health care providers can provide the necessary written clearance for student athletes to return to play after suffering a concussion or being removed from a interscholastic contest for a possible head injury and not cleared to return to that same interscholastic contest?

- Physicians licensed to practice medicine in all its branches in Illinois (MD/DO)
- Certified athletic trainers (ATC) working in conjunction with a physician licensed to practice medicine in all its branches in Illinois

****Return to Play/Learn Protocol available upon request in the Athletic Trainer's Office****

Leyden Athletic Training Staff

Team Physician: Dr. Mike Ladewski (773)792-5155 Presence Resurrection Medical Center

**West Athletic Trainer: Stacey Navarro (630)608-7357, snavarro@leyden212.org,
snavarro@novacare.com**

**East Athletic Trainer: Brandon Marsh (708)315-4786, bmarsh@leyden212.org,
bgmarsh@selectmedical.com**

Athletic Office: Rick Mason (Athletic Director) 847-451-3071

Tim Murphy (Assistant Athletic Director) 847-451-3137

John Kading (Assistant Athletic Director) 847-451-3071



LEYDEN HIGH SCHOOL ATHLETIC TRAINING
RETURN TO PLAY PROTOCOL - CONCUSSION
2019-2020

- This return to play protocol will not begin until the athlete is completely symptom-free for 2 full days.
- Leyden's team physician, Dr. Mike Ladewski, recommends the student-athlete re-integrate, or not miss, any school if possible. **IF** the student-athlete is symptomatic, the following accommodations may be made (under the direction and written note of an MD):
 - Wearing sunglasses in school/class
 - Wearing a hat in school/class
 - Leaving class early to avoid crowded hallways
 - Allowed to put head down on desk when not feeling well
 - Allowed to see the nurse to lie down if not feeling well
 - Allowed to eat lunch somewhere quiet
 - Allowed to sit in study hall, or somewhere quiet during PE
 - Allowed extra time for missed school work and tests
 - No standardized testing
 - Any other accommodation per the treating Physician and discussed with the Concussion Committee Oversight team
- Dr. Ladewski is available to see any athletes with a possible concussion at his clinics. It is mandatory to see him (or another appropriate physician) if a loss of consciousness occurs, vomiting, or excessive symptoms last longer than 1 week, and always at the parent/guardian's discretion.
- It is important to wait a day between each step because symptoms may develop several hours after completing a step.
- Do not take any medications during this plan, unless otherwise instructed by a doctor. Anti-inflammatory and pain medication (such as Tylenol or Ibuprofen/Advil) can mask the symptoms of a concussion.
- If symptoms develop or persist during this plan, it may be recommended that you see a physician.

- If a baseline test was performed, the athlete will be re-tested occasionally during this plan to check for progress or deteriorations.
- If this is a repeat concussion, the time the athlete sits out may be longer.
- Any repeat concussion (more than 1 in the same school year) must see a Doctor.
- It is ALWAYS at the parent/guardian's discretion to take their child to a Doctor.
- It is ALWAYS at the parent/guardian's discretion to not return their child to play if they do not believe they are ready.
- Concussions are different for everyone; some treatments may differ according to the specific individual.

Step 1: Fully symptom-free for 2 days: Day 3

- Re-test Scat3 if baseline is available
- Re-test C3 if baseline is available
- Begin aerobic conditioning
 - Walking, swimming, stationary bike or elliptical
- Duration = No longer than 30 minutes
- 30-40% intensity
- If symptoms return, wait 24 hours until beginning step 1 again.
- If symptom-free, move on to step 2 the following day.

Step 2: Symptom-free following Step 1: Day 4

- Sport Specific Activity/Drills
- Cone drills, sprints, jumps, plyometrics, agility, weight lifting
- 50-75% intensity
- Duration = No longer than 60 minutes
- If symptoms return, wait 24 hours until beginning step 1 again.
- If symptom-free, move on to step 3 the following day.

Step 3: Symptom-free following Steps 1-2: Day 5

- Non-Contact Training Drills
- No head/body contact
- Increase sport/position specific drills
- 80-90% intensity
- Duration = No longer than 90 minutes
- If symptoms return, wait 24 hours until beginning step 2 again.
- If symptom-free, move on to step 4 the following day.

Step 4: Symptom-free following Steps 1-3: Day 6

- Re-test C3 if baseline, and post-injury testing is available
- Full contact practice
- Only after medical clearance from the Athletic Training Staff or a Physician.
- No Restrictions
- If symptoms return, wait 24 hours until beginning step 3 again.

Athletic Training Staff

Stacey Navarro, ATC

630-608-7357

snavarro@leyden212.org

snavarro@novacare.com

Brandon Marsh, ATC

708-315-4786

bmarsh@leyden212.org

bgmarsh@selectmedical.com

Dr. Mike Ladewski

Leyden Team Physician

Presence Resurrection Medical Center

7447 West Talcott Ave. Suite 500

Chicago, IL 60631

773-792-5155



RETURN TO LEARN PROTOCOL 2019-2020

- Leyden High School, under the direction of the IHSA, has formed a *Concussion Committee* who is committed to implementing, directing, and overseeing all student-athletes who have suffered a concussion during a school-sponsored activity/event. Specifically, pertaining to their return to school, and the effects that a concussion have on the student's cognitive function.
- Committee Members:
 - Dr. Mike Ladewski - Leyden's Team Physician
 - Stacey Navarro- Leyden Athletic Trainer
 - Brandon Marsh - Leyden Athletic Trainer
 - Rick Mason - Leyden Athletic Director
 - Linda Mazzone - East Leyden Nurse
 - Rhonda Kazmierczak - West Leyden Nurse
 - Dawn Erickson -East Leyden Student Services Chair
 - Kato Gupta- West Leyden Student Services Chair
 - Tina Rivera - East Leyden Assistant Principal for Student Services
 - Andrew Sharos - West Leyden Assistant Principal for Student Services
- Dr. Mike Ladewski, Leyden's Team Physician, recommends that any student-athlete who sustains a concussion should stay out of school **only** in circumstances of extreme symptoms.
 - Dr. Ladewski recommends re-integration into school as soon, and as often as possible using accommodations when necessary.
 - This does **not** mean every student-athlete with a head injury will be out of school for any amount of time.
 - Persisting symptoms include, but are not limited to,:
 - Severe headache debilitating daily tasks
 - Inability to concentrate
 - Inability to tolerate light and noise

- Nausea and vomiting
 - Persisting severe headache during/following school-related activities
- They should gradually re-integrate into school on a supervised, limited basis.
- Each concussion is different and will be/should be treated on an individual basis.
- A plan similar to an IEP will be developed specifically for the injured student/athlete.
 - This plan will be developed by members of the Concussion Committee, with emphasis on campus specific staff.
 - ie: East student/athlete plan
 - Dr. Mike Ladewski
 - Brandon Marsh
 - Stacey Navarro
 - Linda Mazzone
 - Dawn Erickson
 - Tina Rivera
 - ie: West student/athlete plan
 - Dr. Mike Ladewski
 - Stacey Navarro
 - Brandon Marsh
 - Rhonda Kazmierczak
 - Kato Gupta
 - Andrew Sharos
- The primary goal is for the student-athlete to miss as little (or no) school as possible, with accommodations when necessary.
 - Possible Accommodations:
 - Wearing sunglasses while in the building
 - Wearing a hat while in the building
 - Being allowed to put their head down on the desk if symptoms worsen
 - Being allowed to see the nurse, and lie down if symptoms worsen
 - Being allowed to leave class early to avoid crowded/loud hallways
 - Being allowed to eat lunch somewhere quiet
 - Test accommodations
 - Longer time
 - Later date
 - No standardized testing
 - Alternative testing methods
 - Max 1 test/day
 - Classwork accommodations
 - Take breaks as needed
 - Limit computer screen time
 - Homework accommodations
 - Reduce amount/time
 - No PE class participation
 - Allow for study hall/or somewhere quiet instead

- Partial school day attendance
 - Begin with a shorter time period at school (2-3 classes)
 - Advance to more time at school as symptoms subside
 - After the student is fully symptom-free and has attended 3 full days of school, they are considered finished with the Return-to-Learn program.
- During this time, the student-athlete is not allowed to participate in any athletic activity, including PE.
- During this time, the student-athlete will be monitored by a Physician and/or the Athletic Trainer (if applicable and available), the school nurse and student services department.
- During this time, the student-athlete should be excused from any classes missed (pending written consent from a treating Physician).
- During this time, the student-athlete may be referred to student services if additional support is necessary.
- The student-athlete will not be allowed to return to PE or to their sport/activity of choice until completion of the Return-To-Play protocol monitored by the Athletic Trainer, and Physician.
 - If a student-athlete presents with a note from a Doctor “clearing them to return to athletic participation”, they will still need to complete the Return to Play Protocol under the guidance of Leyden’s Athletic Trainers.