



Roxbury Public Schools

Return to Play Policy

Re: Concussions

Dear Parent/Guardian,

Roxbury High School is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to a local doctor, neuropsychologist or a neuropsychologist at the University of Pittsburgh Medical Center (UPMC) to help evaluate the injury. (The UPMC Sports Concussion Program is the founding group of the ImPACT software.) The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by both this school and UPMC. In order to ensure and guarantee your child’s anonymity, we have set-up an anonymous data submission system. This data may anonymously be submitted to UPMC for their research purposes.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Roxbury Public Schools administration, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me at (973) 584-1200 ext. 1287.

Concussion Return to Play Protocol on following page

Sincerely,

Joseph M. Koch, Athletic Trainer



Roxbury Public Schools

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Return to Play Policy:

- As per Roxbury Board of Education policy and regulations, the athlete must present written clearance from **a physician trained in the evaluation and management of sports related concussions which MUST STATE one of the following:**

He/she is symptom free at rest, and either may return to the interscholastic athletic activity because the injury was not a concussion or other head injury.

or

He/she is symptom free at rest and may begin the district's graduated return to competition and practice protocol outlined below.

- link to Board policy and regulations: <http://www.roxbury.org/boe/policies.html>
 - Series 2000; click on Policies; Policy number 2431.4
 - Series 2000; click on Regulations; Regulation number 2431.4

The medical release/clearance must be reviewed and approved by the school, team physician or athletic trainer, not the coach, prior to any return to participation.

****A medical release/clearance not in compliance with this policy will not be accepted****

6 Step Return Protocol: There should be approximately 24 hours for each stage and the athlete should return to the previous stage that did not cause symptoms if symptoms recur.

1. Rest until asymptomatic (physical and mental) which includes the completion of a full day of normal cognitive activities.
 2. Light aerobic exercise (e.g. stationary bike)
 3. Sport specific exercise (no head impact activities)
 4. Non-contact training drills (may initiate progressive resistance exercise)
 5. Normal training activities (**after consultation between supervising health care professional and attending physician or team physician**). If symptoms re-emerge, the school/team physician in consultation with the athlete's physician shall determine the student's return to participation protocol.
 6. Return to competition (game play).
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Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) and following the Roxbury Public Schools Concussion Return to Play Policy.

I have read the attached information. I understand its contents. I agree to participate in the ImPACT Concussion Management Program and the Roxbury Public Schools Concussion Return to Play policy.

Printed Name of Athlete _____

Sport _____

Signature of Athlete

Date

Signature of Parent

Date
