Lapeer Community Schools
Concussion Program

The following concussion program has been established for use with all Lapeer Community Schools athletes. The concussion program contains three components:

- baseline testing of athletes
- assessment of injury
- return to play procedures

The purpose of the LCS concussion program is to provide specific procedures to manage concussions in accordance with current medical standards and research and to be in compliance with the policies and procedures of the following organizations:

1. Lapeer Community Schools
2. Michigan High School Athletic Association (MHSAA)
3. McLaren Lapeer Athletic Training

The concussion program is managed by the certified athletic trainer (McLaren Lapeer), who serves as the Lapeer Community Schools Athletic Department “Designated Healthcare Professional.”

Definition
A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness (“knocked-out”) to suffer a concussion. From the National Federation of State High School Associations.

Baseline Testing
Lapeer Community Schools will conduct baseline testing utilizing the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) program. This program, supported by current medical research, is utilized in order to objectively evaluate the athlete following an injury in order to ensure that safety of the athlete when returning to play and prevention of further injury.

This is ONE tool in the process to help assess and manage our student-athletes in their care of concussion injuries. The baseline test provides an initial measure of cognitive function, prior to any injury, and use in comparison, post injury.

Baseline testing will be conducted prior to the start of the athletic competitive season for the following athletes every two years:

- All athletes in grades 7, 9 and 11;
- Any athlete in grades 8, 10 or 12 who did not receive baseline testing the previous year;
- Any athletes with a previous history of concussion during last year of participation;
- Any Athletes who received poor baseline data on previous baseline test.

Trained program administrators will compare athletes’ results to norms and standards set forth by ImPACT program, and any athlete with results consistent with ImPACT’s “sandbagging” criteria will
be re-tested in efforts to curtail all athletes from “sandbagging” on baseline test thereby making it easier to pass a post concussion test.

Trained LCS staff members and/or the designated healthcare professional will administer baseline testing. East and West High School, Rolland-Warner and Zemmer Middle Schools will each will maintain two staff members trained in the administration of baseline testing.

Assessment of Injury
Any LCS student-athlete (in-season) suspected of concussion and/or demonstrating behaviors consistent with a concussion is to be referred to the athletic trainer (AT) for further assessment, during a practice, contest, or occurring outside of athletic participation. If the AT is not available, parent/guardian should be contacted and student referred to a primary care physician/ER for further assessment. The AT is to be notified and follow up assessment to be performed as soon as available (based on circumstances).

If it is confirmed by the AT that the student did not sustain a concussion, the athlete may reenter practice or an athletic contest.

If the athlete has been referred to a physician/ER for further assessment, the following procedures must occur:
1. Athlete is removed from continued athletic participation for that day (MHSAA policy)
2. Referral to primary care physician/ER for medical evaluation/clearance
3. Parent/guardian of the athlete is contacted and provided instructions
4. Coach completes LCS Incident Report within 24 hours and forwards to athletic director. Athletic director will forward to the business office.
5. AT completes McLaren Lapeer follow up forms to monitor until asymptomatic

A student with persistent symptoms should continue to follow up with their Primary Care Physician or other medical professional, as needed.

Return to Play Process (RTP)
Medical clearance by a primary care physician/ER is NOT the only factor in determining when the student-athlete may return to play, but ONE step in the process. When an athlete has been referred for medical attention, all of the following steps will be completed prior to resuming full athletic participation:

1. Obtain written medical clearance, by MD/DO. However, this may not be used to return on same day as initial injury. Clearance should be provided on the Return to Competition form.
2. Must be symptom free, as reported on the follow up assessments, from the AT;
3. Demonstration of “normal” function on ImPACT software (if baseline data was obtained). Athletes may be assessed 24-48 hours after onset of symptoms and can be retested again once symptom free. Post-injury results will be reviewed with Dr. Czarnota, PhD. Athlete will not be allowed to return to play until ImPACT testing, as confirmed by Dr. Czarnota, is normal.
Full return to participation is not immediate.

In accordance with current medical research/recommendations, pertaining to adolescent student – athletes, following a confirmed concussion, athletes will complete a standard progression of activity, progressing to each step the following day (2 steps may be combined into one day at the AT’s discretion):

1. Rest until symptom free for 24 hours (physical/cognitive)
2. light aerobic exercise (ex: stationary cycle)
3. Sport specific exercise, jogging, light cardio work, basic skills - non contact
4. Non contact training drills (start light resistance training)
5. Full contact training
6. Return to competition (game play)

If symptoms present at any stage above, activity is to stop and resume the same step the next day (as long as symptoms have resolved by that time).