



## Sparta High School Athletic Training Office

Your child may have suffered concussion (also known as a mild traumatic brain injury). Careful attention to these recommendations can help speed their recovery and can also prevent further injury.

**Rest is the key!** Your child should not participate in any high-risk activities (e.g. sports, running etc.) if they still have any symptoms below. It is important to limit activities that require a lot of thinking or concentration (reading, prolonged TV viewing, video games and texting), as this can make their symptoms worse. If they no longer have any symptoms and believe that their concentration and thinking are back to normal, they can slowly and carefully return to their daily activities. *Any return to athletics must be cleared and supervised by the physician/athletic trainer.* All return to activity must be monitored to prevent any delay in recovery.

Today the following symptoms are present: (circle)

Physical		Thinking	Emotional	No reported symptoms Sleep
Headaches	Sensitivity to light	Feeling mentally foggy	Irritability	Drowsiness
Nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/Tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual	Vomiting	Feeling more slowed down	Nervousness	Trouble falling asleep
Balance Problems	Dizziness			

**\*\*\*RED FLAGS: Call your doctor or go to the emergency department if your child suddenly experiences any of the following:**

Headaches that worsen	Look <u>very</u> drowsy, can't be awakened	Can't <u>recognize</u> people or places	Unusual behavior change
Seizures	<u>Repeated</u> vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred speech	Weakness or numbness in arms or legs	Loss of consciousness

### Returning to Daily Activities

1. Get lots of rest. Be sure to get enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Take daytime naps or rest breaks, if possible, when you feel tired or fatigued.
3. **Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.**
4. Drink lots of fluids and eat a healthy diet.
5. **As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, and then try again a few days later to increase your activities gradually.**
6. During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
7. Repeated evaluation of symptoms by a doctor or athletic trainer is recommended to help guide recovery.

### Questions for the Doctor

1. Does my child need any special accommodations to help them get through the school day? (i.e. extended time with assignments, frequent breaks, excuse from physical education, excuse from extra-curricular activities)

## Examples of Accommodations

Some concussed athletes may need academic accommodations when recovering from their head injury due to cognitive impairment or other concussion symptoms. The following are examples of temporary academic accommodations that may help with reducing cognitive load, thereby minimizing post-concussion symptoms and allowing the student to better participate in the academic process during the injury period. Please ask your doctor if any of these accommodation may be helpful for your child's recovery.

- Tests: extra time to complete tests, testing in a quiet environment, reduced length of tests or eliminating tests
- Workload reduction: decreased class work, homework, projects, etc.
- Tutoring
- Reduced note taking: pre printed class notes, outlines ahead of time, etc.
- Physical Education limitations or restrictions
- Attendance Restrictions: full or half days as tolerated, no school until \_\_\_\_\_ then half/full days as tolerated, homebound instruction

Should you find any of these or other academic accommodations necessary, please provide a written note to the student. Thank you.

## Returning To School

1. Please return all documentation from hospital or physician to the school nurse upon return to school, prior to first period class. This will help ensure that all steps are taken to allow for a smooth transition to school.
2. Once your child is symptom-free and cleared by their physician to resume full sports activities, your child will be required to complete the post-injury exertion protocol with the athletic trainer prior to returning to full participation in their sport.

## Sports-SHS Gradual Return to Play Plan (as per Zurich return to play guideline)

There will be **NO** return physical activity while symptoms are still present and/or sufficient time has past since symptoms have subsided. The athlete may proceed to the subsequent step **ONLY if they are symptom free during activity and 24 hours after activity.**

1. Low intensity and short duration of physical activity while being monitored by a physician or athletic trainer. This may include walking, light stationary biking etc.
2. Moderate levels of physical activity with slightly longer duration. This includes moderate stationary biking, moderate jogging etc.
3. Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary biking, agility ladder, non contact sports specific drills etc.
4. Non-contact practice
5. Full contact, controlled practice
6. Full game participation