

High School Athletic Concussion Management Plan

For:

Eau Claire Area School District

**Eau Claire Memorial High School
2225 Keith Street
Eau Claire, WI 54701**

**Eau Claire North High School
1801 Piedmont Road
Eau Claire, WI 54703**

Date: 08/01/2019

Prepared by:

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Eau Claire Area School District Student-Athlete Concussion Management Plan

1. Overview

1.1. In response to the growing concern over concussion and concussion management in athletics there is a need for high schools to develop and utilize a “Concussion Management Plan”. While regional limitations in the availability of specifically trained school and medical personnel are acknowledged, the following document serves as a standard for concussion management for Eau Claire Memorial High School and Eau Claire North High School within the Eau Claire Area School District.

1.2. The following components will be outlined as part of a comprehensive concussion management plan:

- 1.2.1. Concussion Overview (section 2)
- 1.2.2. Concussion Education for Student-Athletes and Parent(s)/Guardian(s) (section 3)
- 1.2.3. Concussion Education for Coaches (section 4)
- 1.2.4. Pre-season Concussion Assessment (section 5)
- 1.2.5. Concussion Action Plan (section 6)
- 1.2.6. WIAA HeadStrong Concussion Management Insurance (section 7)
- 1.2.7. Appendix A: Statement Acknowledging Receipt of Concussion Education
- 1.2.8. Appendix B: Post Concussion Instructions
- 1.2.9. Appendix C: Return to School Recommendations
- 1.2.10. Appendix D: Return to Play Protocol
- 1.2.11. Appendix E: Memo- Implementation of NFHS Playing Rules Changes Related to Concussion and Concussed Athletes
- 1.2.12. Appendix F: Treatment Algorithm for Sports Related Concussion

The Eau Claire Area School District Student-Athlete Concussion Management Protocol is in accordance with the 2011 National Federation of State High School Associations (NFHS) suggested guidelines, Wisconsin Interscholastic Athletic Association (WIAA) guidelines, the Wisconsin Department of Public Instruction (DPI), the 2013 Wisconsin State Law 118.293, the 2016 Concussion In Sport Group (CCISG) statement, and the 2014 National Athletic Trainers’ Association (NATA) position statement.

2. What is a Concussion?

2.1. In accordance with the 5th International Conference and the Concussion In Sport Group (CISG) (2016), a concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. A concussion is also called a sport-related concussion (SRC) or a mild traumatic brain injury (mTBI). Common elements include but are not limited to:

Confusion	Disequilibrium	Post-traumatic Amnesia (PTA)
Feeling 'in a fog', 'zoned out'	Retrograde Amnesia (RGA)	Vacant stare (Glassy eyed)
Disorientation	Emotional lability	Delayed verbal and motor responses
Dizziness	Inability to focus	Slurred/incoherent speech
Headache	Excessive Drowsiness	Nausea/Vomiting
Loss of consciousness (LOC)	Visual Disturbances including light sensitivity, blurry vision, or double vision	

3. Concussion Education for Student Athletes and Parent(s)/Guardian(s)

3.1. At the beginning of individual sport seasons, student-athletes shall be presented with a discussion about concussions and given a copy of the CDC's "Heads Up: Concussion in High School Sports – A fact sheet for Athletes" and/or the Wisconsin Department of Public Instruction's "Wisconsin Concussion Fact Sheet for Athletes"

3.1.1. This information will be presented by the schools Licensed Athletic Trainer(s) in cooperation and consultation with the athletic trainers supervising physician during the respective sport code meeting. Additional, local medical resources may also participate as needed.

3.2. At the beginning of individual sport seasons, parent/guardian(s) shall be presented with a copy of the CDC's "Heads Up: Concussion in High School Sports – A Fact sheet for Parents" and/or the Wisconsin Department of Public Instruction's "Wisconsin Concussion Fact Sheet for Parents"

3.3. These materials are available free of charge from the CDC and Wisconsin DPI. To download, please go to the following links:

CDC : <http://www.cdc.gov/concussion>

Wisconsin DPI: <https://dpi.wi.gov/sped/program/traumatic-brain-injury/concussion-guidelines>

3.4. All student-athletes and their parents/guardians will sign a statement in which the student-athlete accepts the responsibility for reporting their injuries and illnesses to the coaching/athletic training staff, parents, or other health care personnel including signs and symptoms of concussion. This statement will also acknowledge having received the above-mentioned educational handouts.

See Appendix A for statement of acknowledgement.

3.5. All student-athletes shall be **required** to participate in the above education prior to their participation in any sport at Eau Claire Memorial High school or Eau Claire North High School.

4. Concussion Education for Coaches

4.1. It is required that each year that the schools administrative staff, coaches, Licensed Athletic Trainers, and the schools nurse shall review the concussion management protocol and the CDC's "Heads Up: Concussion in High School Sports – A Guide for Coaches" and/or the Wisconsin Department of Public Instruction's "Wisconsin Concussion Fact Sheet for Coaches".

CDC: <http://www.cdc.gov/concussion>

Wisconsin DPI: <https://dpi.wi.gov/sped/program/traumatic-brain-injury/concussion-guidelines>

4.2. All Fall season coaches, Licensed Athletic Trainers, other medical staff, administrative personnel and school nurses shall complete a course dealing with concussion, its signs, symptoms and management. This course shall be completed prior to August 1st. After August 1st the course shall be completed prior to working with student-athletes. The CDC, in partnership with the National Federation of State High School Associations, has developed a free web based course, "Concussion in Sports: What you need to know", to be used for this purpose.

4.2.1. As determined by the Eau Claire Area School District, repetition of the course may be required in subsequent years.

4.2.2. The "Concussion in Sports: What You Need to Know" on-line course is available free of charge after registering at <http://www.nfhslearn.com>

5. Pre-season concussion assessment

5.1. Optimally a concussion history should be included as part of all of a student-athletes pre-participation physical health examinations with their health care professional.

5.2. Student-athletes and parents will be asked to complete a "Concussion History, Concussion Management Program and ImPACT Consent Form" in which concussion history can be included and consent obtained for conducting ImPACT testing.

5.3. It is recommended that every two years, student-athletes complete a baseline assessment prior to the beginning of the school year or their individual sports seasons as appropriate. Freshman, juniors, transfers, and new-to-sport student-athletes will be tested before their respective sports season.

5.4. Neurocognitive Testing. Pre-season neurocognitive testing of all athletes is required and will be accomplished through a computerized system. The Eau Claire Area School District has chosen to partner with ImPACT applications for this purpose.

5.4.1. The ImPACT program is designed to measure specific brain functions that may be altered following a concussion. The program is designed in such a way as to allow athletes to be tested pre-season so that post-injury performance may be compared to the athlete's own baseline.

5.4.2. Neurocognitive testing may be administered by a Licensed Athletic Trainer (LAT) at Eau Claire Memorial High School, Eau Claire North High School, South Middle School, Delong Middle School and NorthStar Middle School or other designated school personnel trained in test administration in a controlled computer lab environment.

5.4.3. Pre-season baseline ImPACT testing will only be provided by the LAT and the Eau Claire Area School District. Post-injury testing will be completed by the student-athletes' treating physician.

5.4.3. The ImPACT tests will be saved within the Eau Claire Area School District account for use by the Licensed Athletic Trainers contracted to provide services at the following designated schools: Eau Claire Memorial High School, Eau Claire North High School, South Middle School, Delong Middle School and NorthStar Middle School

5.4.4. The student-athlete baseline ImPACT test passport ID's will only be provided to treating physicians upon request.

5.4.5. A form will be provided to the parent and student-athlete regarding ImPACT testing and a description of the testing.

6. Concussion Action Plan

6.1. When a student-athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete shall be removed immediately from practice or competition and evaluated by school personnel, the Licensed Athletic Trainer, or other health care professional with specific training in the evaluation and management of concussion.

6.1.1. School personnel, including coaches are encouraged to utilize a pocket guide on the field to assist them in recognizing a possible concussion. An example pocket guide is available as part of the CDC toolkit "Heads Up: Concussion in High School Sports" available at <http://www.cdc.gov/concussion>

6.2. Where possible, the athlete shall be evaluated on the sideline by the Licensed Athletic Trainer or other appropriate health care professional. The sideline evaluation will include using the SAC (Standardized Assessment of Concussion) or the SCAT 5 (Sports Concussion Assessment Tool, Version 5).

6.2.1. The SCAT 5 is comprised of a symptom checklist, standard and sport specific orientation questions, Maddocks questions, Glasgow Coma Scale, SAC test, and an abbreviated form of the Balance Error Scoring Scale (BESS).

6.2.2. The SCAT 5 currently represents the most well-established and rigorously developed instrument available for sideline assessment according to the CISG 2016 statement.

6.2.3. Per the CISG statement, that the abbreviated testing paradigms, such as the SAC test and SCAT 5, are designed for rapid sport-related concussion (SRC) screening on the sidelines and are not meant to replace a comprehensive neurological evaluation; nor should they be used as a standalone tool for ongoing management of an SRC.

6.3. A student-athlete displaying any sign or symptom consistent with a concussion shall be withheld from the competition or practice and shall not return to activity until receiving clearance from a licensed physician (MD, DO, A.P.N.P.) that is familiar with concussion management and return to play. The student-athlete's parent/guardian(s) shall be immediately notified of the situation.

6.3.1. Licensed physicians who are familiarized and trained in concussion management can be found at the following locations within the Chippewa Valley.

6.3.2 Marshfield Clinic Health System – Eau Claire Center
Dr. Adam Atkins
(715) 858-4650

6.3.3. Mayo Clinic Concussion Clinic
Angela Oldenberg, A.P.N.P, R.N., and Jen Legare, A.P.N.P, R.N.
(715) 838-6363

6.3.4. Oakleaf Concussion Clinic
Jeanne Brown, MS, LAT
(715) 839-9280

6.4. The student-athlete will receive serial monitoring for deterioration. Student-athletes and their parent/guardian shall be provided with written instructions upon dismissal from the practice/game. **See Appendix B for a copy of the instructions.**

6.5. In accordance with the Eau Claire Area School District emergency action plans, immediate referral to Emergency Medical Services should be provided for any of the following “Red Flag Signs or Symptoms”.

6.5.1. Loss of Consciousness

6.5.2. Seizure like activity

6.5.3. Slurring of speech

6.5.4. Paralysis of limb(s)

6.5.5. Unequal pupils or dilated and non-reactive pupils

6.5.6. At any point where the severity of the injury exceeds the comfort level of the on-site medical personnel

6.6. Consultation with a team of health care professionals experienced in concussion management shall occur for all student-athletes sustaining a suspected concussion. This consultation may occur by telephone between the local health care professional and a provider experienced in concussion management.

6.7. For the purposes of this document, a health care professional is defined as one who is trained in management of concussion and who is:

6.7.1. A licensed physician (M.D./D.O.)

6.7.2. Advanced nurse practitioner (A.P.N.P.)

6.7.3. Neuropsychologist

6.7.4. Physician assistant (PA) working under the direction of a physician (M.D./D.O.).

6.7.5. Licensed athletic trainer (LAT) working under the direction of a physician (M.D./D.O.).

6.8. Subsequent management of the student-athlete's concussion shall be at the discretion of the treating health care professional, and may include the following:

- 6.8.1. When possible, repeat neurocognitive testing with comparison to baseline test results.
- 6.8.2. Medication management of symptoms, where appropriate
- 6.8.3. Provision of recommendations for adjustment of academic coursework, including the possible need to be withheld from coursework obligations while still symptomatic.
See Appendix C for list of possible accommodations required.
- 6.8.4. Direction of return to play protocol, to be coordinated with the assistance of the licensed athletic trainer.
See Appendix D for return to play protocol.

6.8.7. Final authority for Return-to-Play shall reside with the attending health care professional (see 6.7), or their designee. Prior to returning to competition, the concussed student athlete must have a return-to-play clearance form signed by a licensed Physician (MD or DO).

6.9. The incident, evaluation, continued management, and clearance of the student-athlete with a concussion shall be documented.

7. WIAA HeadStrong Concussion Management Insurance

7.1 The HeadStrong Concussion Insurance Program was specifically developed to insure student-athletes from the high cost of concussion treatment and neurological follow-up.

7.2. The insurance only covers student-athletes in WIAA recognized sports: The insurance only covers athletes in WIAA recognized sports (baseball, basketball, cross country, football, golf, hockey, soccer, swimming & diving, tennis, track & field, volleyball, and wrestling for boys, and basketball, cross country, golf, gymnastics, hockey, soccer, softball, swimming & diving, tennis, track field, and volleyball for girls) at WIAA member schools. It does not cover cheer, dance, or club sports.

7.2.1. The insurance does not cover concussions that occurred at open-gyms. Coverage is available for concussions that occurred during WIAA sanctioned events or practices.

7.2.2. More information regarding the HeadStrong Concussion Insurance can be found at:
<https://www.wiaawi.org/Health/Concussions/Concussion-Insurance>

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APPENDIX A: Statement Acknowledging Receipt of Education and Responsibility to report signs or symptoms of concussion to be included as part of the "Participant and Parental Disclosure and Consent Document".

I, _____, am a student-athlete within the Eau Claire Area School District,
Student/Athlete Name

hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. I also acknowledge my responsibility to report to my coaches, parent(s)/guardian(s) any signs or symptoms of a concussion.

signature and printed name of student/athlete

Date

I, the parent/guardian of the student athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion.

signature and printed name of parent/guardian

Date

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APPENDIX B: Immediate Post Concussion Instructions

The following instructions are to be given to each athlete and their parent/guardian after sustaining a concussion, as identified in section 6.4 of the Eau Claire Area School District Student-Athlete Concussion Management Plan.

Head Injury Precautions

During the first 24 hours:

1. Diet – drink only clear liquids for the first 8-12 hours and eat reduced amounts of foods thereafter for the remainder of the first 24 hours.
2. Pain Medication – do not take any pain medication unless specifically directed and prescribed by a physician.
3. Activity – activity should be limited for the first 24 hours, this would involve no school, video games, extracurricular or physical activities or work when applicable.
4. Observation – several times during the first 24 hours:
 - a. Check to see that the pupils are equal. Both pupils may be large or small, but the right should be the same size as the left.
 - b. Check the athlete to be sure that he/she is easily aroused; that is, responds to shaking or being spoken to, and when awakened, reacts normally.
 - c. Check for and be aware of any significant changes. (See #5 below)
5. Conditions may change significantly within the next 24 hours. Immediately obtain emergency care for any of the following signs or symptoms:
 - a. Persistent or projectile vomiting
 - b. Unequal pupil size (see 4a above)
 - c. Difficulty in being aroused
 - d. Clear or bloody drainage from the ear or nose
 - e. Continuing or worsening headache
 - f. Seizures
 - g. Slurred speech
 - h. Inability to recognize people or places – increasing confusion
 - i. Weakness or numbness in the arms or legs
 - j. Unusual behavior change – increasing irritability
 - k. Loss of consciousness

6. Improvement

The best indication that an athlete who has suffered a significant head injury is progressing satisfactorily is that he/she is alert and behaving normally.

Licensed Athletic Trainers Contact Information

Eau Claire Memorial High School (and South Middle School)

Jessica Torgerson, MEd, LAT, ATC

Cell: (715) 577-0714

Office: (715) 852-6443

Email: torgerson.jessica@marshfieldclinic.org

Karlee Bitney, MEd, LAT, ATC

Cell: (715) 533-4787

Office: (715) 852-6443

Email: rosentreter.karlee@marshfieldclinic.org

Eau Claire North High School (and Northstar Middle School)

Katie Lutropp, LAT, ATC

Cell: (715) 305-1897

Email: lutropp.katie@marshfieldclinic.org

Delong Middle School

Jonathan Purvis, LAT, ATC

Cell: (715) 560-1451

Email: purvis.jonathan@marshfieldclinic.org

Local ER Phone Address and Phone Numbers

Marshfield Medical Center and Hospital

2310 Craig Road

Eau Claire, WI 54701

(715) 858-8100

Sacred Heart Hospital

900 West Clairemont

Eau Claire, WI 54701

(715) 717-4121

Mayo Clinic Health System

1221 Whipple Street

Eau Claire, WI 54703

(715) 858-3311

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APPENDIX C: Return to School Recommendations

In the early stages of recovery after a concussion, increased cognitive demands, such as academic coursework, as well as physical demands may worsen symptoms and prolong recovery. Accordingly, a comprehensive concussion management plan will provide appropriate provisions for adjustment of academic coursework on a case-by-case basis. The following provides a framework of possible recommendations that may be made by the managing health care professional:

Inform teacher(s) and administrator(s) about your injury and symptoms. School personnel should be instructed to watch for:

- Increased problems with paying attention, concentrating, remembering, or learning new information
- Longer time needed to complete tasks or assignments
- Greater irritability, less able to cope with stress
- Symptoms worsen (e.g., headache, tiredness) when doing schoolwork

Injured Student _____ **Date** _____

Until fully recovered, the following supports are recommended: *(check all that apply)*

May return immediately to school full time.

Not to return to school. May return on (date) _____

Return to school with supports as checked below. Review on (date) _____

Shortened day. Recommend hours per day until (date) _____

Shortened classes (i.e., rest breaks during classes). Maximum class length: minutes.

Allow extra time to complete coursework/assignments and tests.

Reduce homework load by %.

Maximum length of nightly homework: minutes.

No significant classroom or standardized testing at this time.

No more than one test per day.

Take rest breaks during the day as needed.

Other: List: _____

Managing Health Care Professional

Please write legibly

Name _____ Office Phone _____

E-mail _____ Alt. Phone _____

Health Care Professional Signature _____ Date _____

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APPENDIX D: Return to Play Protocol, to be included in “Return to Play Clearance Form”.

- Recovery from concussion and progression through the Return-to-Play stages is individualized and determined on a case-by-case basis. Many factors influence the rate of progression and include previous concussion history, duration and types of symptoms, age and sport/activity that the athlete participates in. Athletes with history of prior concussion, extended duration of symptoms, or participation in collision or contact sports may progress more slowly.
- The following table is adapted from the 3rd International Conference on Concussion in Sport and provides the framework for the return to play protocol.
- It is expected that student-athletes will start in stage 1 and remain in stage 1 until symptom free.
- The athlete may, under the direction of the health care professional and the guidance of the licensed athletic trainer, progress to the next stage only when the assessment battery has normalized (including symptom assessment and cognitive assessment with computerized or other appropriate neurocognitive tool).
- It is anticipated that at least 24 hours will be required, at a minimum, of being asymptomatic with each stage before progressing to the next stage.
- Utilizing this framework, in a **best case scenario**, a patient sustaining a concussion and being asymptomatic by the next day will start in Rehabilitation Stage 1 at post injury day 1 and progress through to stage 6, ‘Return to Play’ by post injury day 6.
- There may be circumstances, based on an individual’s concussion severity, where the return to play protocol may take longer. Under all circumstances the progression through this protocol shall be overseen by the managing health care professional and licensed athletic trainer.
- Each student-athlete with a concussion shall be personally evaluated by a health care professional at least one time during this process.
- When the athlete has successfully passed through stage 5 (Full Contact Practice) and has previously been evaluated by a physician, verbal clearance to return to play may be obtained by the licensed athletic trainer or designated school personnel. Otherwise, a visit with a physician is required before such clearance to return to play will be granted.
- A completed “Return to Play Clearance Form” indicating the student is medically released to return to full competition shall be provided to school officials prior to a student’s being allowed to resume competition after suffering a concussion.

Stage	Functional Exercise or Activity	Objective	Recommended Tests Administered before advancing to next stage
1. No structured physical or cognitive activity	Only Basic Activities of Daily Living (ADLs). When indicated, complete cognitive rest followed by gradual reintroduction of schoolwork.	Rest and recovery, avoidance of overexertion	Initial Post-injury test battery: - Symptom checklist - Computer based Neuropsychological Testing
2. Light Aerobic Physical Activity	Non-impact aerobic activity (e.g. swimming, stationary biking) at < 70%estimated maximum heart rate for up to 30 minutes as symptoms allow	Increase heart rate, maintain condition, assess tolerance of activity	- Symptom checklist
3. Moderate aerobic physical activity and Non-contact training drills at half speed	Non-contact sport specific drills at reduced speed; Aerobic activity at 70-85% estimated maximum heart rate; light resistance training (e.g. weights at <50% previous max ability)	Begin assimilation into team dynamics, introduce more motion and non-impact jarring activities	-Symptom checklist
4. Non-contact training drills at full speed	Regular Non-contact training drills; aerobic activity at maximum capacity including sprints; regular weight lifting routine	Ensure tolerance of all regular activities short of physical contact.	- Symptom checklist -Computer based Neuropsychological Testing
5. Full Contact Practice	Full Contact Practice	Assess functional skills by coaching staff, ensure tolerance of contact activities	- Symptom checklist
6. Return to Play	Regular game competition		

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APPENDIX E: Memo -Implementation of NFHS and WIAA Playing Rule Changes Related to Concussion and Concussed Athletes

In its various sports playing rules, the National Federation of State High School Associations (NFHS) and the Wisconsin Interscholastic Athletic Association (WIAA) have implemented a standard rule change in all sports dealing with suspected concussions in student athletes. The basic rule in all sports (the rule may be worded slightly differently in each to reflect the language of the sport) states:

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion in the Appendix of each NFHS Rules Book)

The WIAA has taken additional steps to insure athlete safety and has added to the above rule by stating:

A student who displays symptoms of a concussion and/or is rendered unconscious may not return to practice or competition without a physician written approval.

The responsibility for observing signs, symptoms, and behaviors that are consistent with a concussion rests with school personnel, medical staff and sports officials. In conjunction with the *Your Name School District Concussion Management Plan* and the rules stated above the following guidelines are given:

Role of the contest official in administering the new rules:

- Officials are to review and know the signs, symptoms and behaviors consistent with a concussion.
- Officials are to direct the removal an athlete who demonstrates signs, symptoms or behaviors consistent with concussion from the contest according the rules and protocol regarding injured contestants for the specific sport.

Role of school personnel in administering the new rule:

- All coaches, licensed athletic trainers, and administrative personnel are required to complete a course dealing with concussion. The NFHS course *Concussion in Sport* is available free of charge at www.nfhslearn.com and satisfies this requirement.
- All coaches and licensed athletic trainers are required to annually review the *Your School School District Concussion Plan* and the CDC publication *Heads Up: Concussion in High School Sports – A Guide for Coaches* available at http://www.cdc.gov/concussion/HeadsUp/high_school.html.
- A student athlete who demonstrates signs, symptoms or behaviors consistent with concussion shall be removed immediately from the contest and shall not return to play until cleared by an appropriate health-care professional. All athletes assessed and determined to have symptoms consistent with having suffered a concussion must have a physician's written clearance prior to returning to competition or practice.

Appropriate health-care professional:

- An appropriate health-care professional is one who is trained in the management of concussion and who is:
 - A licensed physician (M.D./D.O.)
 - Advanced nurse practitioner (A.P.N.P., R.N.)
 - Neuropsychologist
 - Physician assistant (PA) working under the direction of a physician (M.D./D.O.)
 - Licensed athletic trainer working under the direction of a physician (M.D./D.O.)

The Eau Claire Area School District has developed a form for the school to receive written clearance from an appropriate health-care professional for return to play of a concussed student athlete. The form is available from the school athletic director or licensed athletic trainer.

Links to resources:

National Athletic Trainers' Association Position Statement: Management of Sport Concussion (2014)
<https://natajournals.org/doi/pdf/10.4085/1062-6050-49.1.07>

Utah High School Activities Association
www.uhsaa.org

National Federation of High School Sports "Concussion in Sports"
www.nfhslearn.com

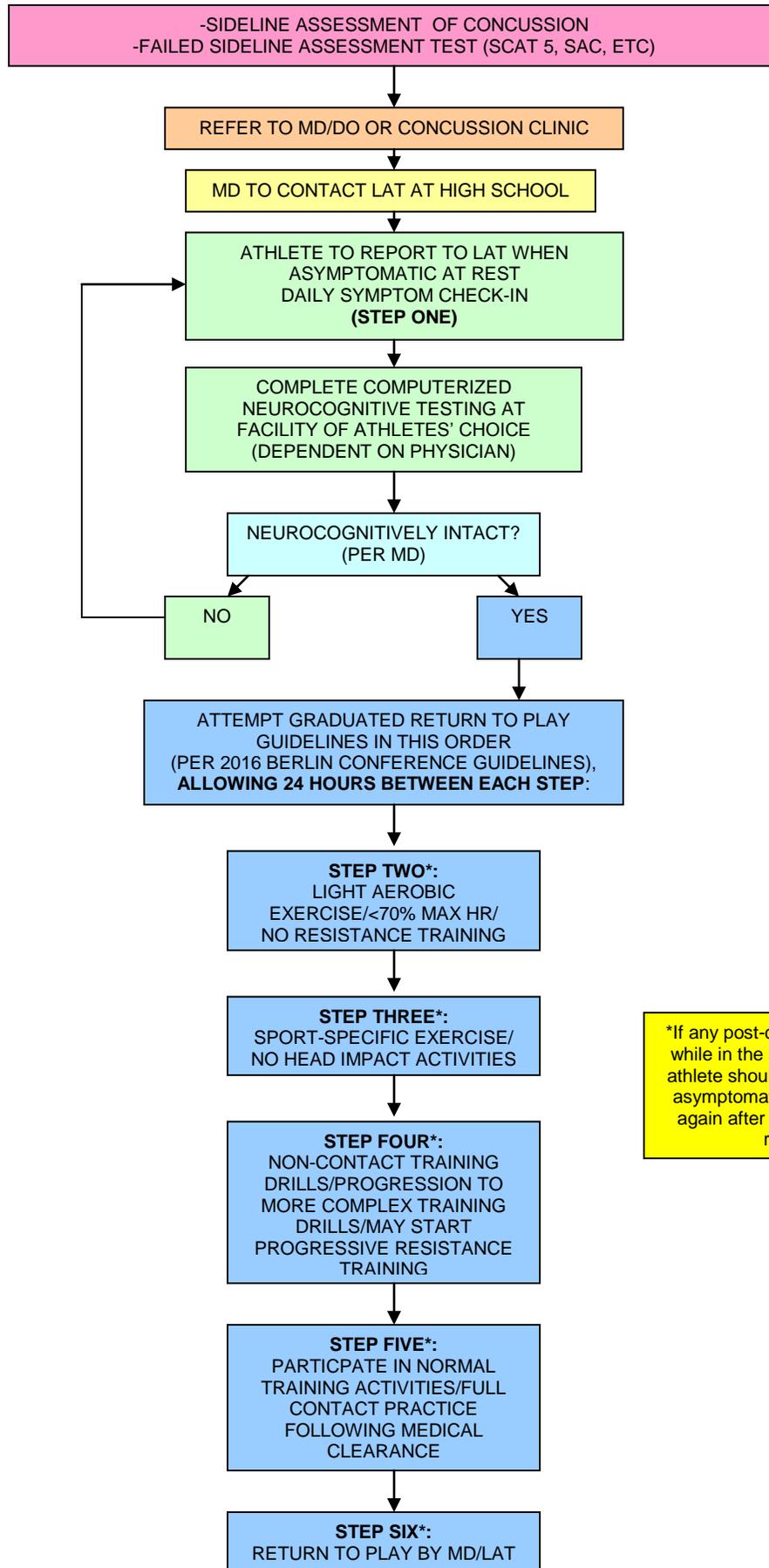
National Federation of High School Sports (NFHS) "Suggested Guidelines for Management of Concussion in Sports"
<https://www.wiaawi.org/Portals/0/PDF/Health/NFHSConcussion.pdf>

Wisconsin Interscholastic Athletic Association
www.wiaawi.org

Consensus Statement on concussion in sport-the 5th international conference on concussion in sport held in Berlin, October 2016
<https://bjsm.bmj.com/content/bjsports/51/11/838.full.pdf>

TREATMENT ALGORITHM FOR SPORTS-RELATED CONCUSSION

WITH COMPUTERIZED NEUROCOGNITIVE TESTING AVAILABLE



*If any post-concussion symptoms occur while in the stepwise program, then the athlete should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.