



‘IOLANI SCHOOL

Athletic Concussion Management Program

To comply with the National Federation of State High School Association (NFHS) rule change “*any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional*”¹, 'Iolani School's Concussion Management Program (CMP) manages an athlete's return to any athletic participation and/or school activity as safely as possible after incurring a head injury.

The CMP was derived from the National Athletic Trainers’ Association (NATA) Position Statement, 2004²; the Consensus Statement on Concussion in Sport, 2008³; and the National Federation of State High School Association (NFHS) Concussion Guidelines, 2009⁴ that were developed by Physicians, Neuropsychologists and Certified Athletic Trainers (ATC) trained in concussion management. To comply with the NFHS rule change and national concussion guidelines, 'Iolani School instituted the following guiding principles.

If an athlete has suffered a head injury, a Home Instructions for Athletes with Head Injuries (HIAHI) form will be issued to the parent or guardian with care instructions. The form will list signs of a concussion the athlete may display, other symptoms that could develop, and recommendations for the athlete as he or she recovers.

If an athlete has been diagnosed with a concussion, a clearance note from their physician must be submitted upon return to school. The Athletic Trainers will work with the school nurses to begin concussion protocol, the first step is for the athlete to take the ImpACT post-concussion test. ImpACT is a neurocognitive assessment evaluation system that measures symptoms, visual and verbal memory and reaction time. The ImpACT test is not a diagnostic tool but objectively assesses an athlete's neurocognitive condition following a concussion, something an MRI or CT scan cannot assess or analyze.

The Athletic Trainers will communicate with the physician and nurses to determine if the athlete is ready to start the Return to play protocol. This collaborative approach offers as safe as possible return to activity for each concussed student-athlete.

Return to full athletic participation and school activity will be based on the following:

- Written clearance by a physician
- Acceptable ImpACT post injury scores
- Successfully completing the Return to Play Protocol

Return to Play (RTP):

Step 1. Complete cognitive rest. This may include staying home from school or limiting school hours and study for several days which would be determined by a physician or ATC and supported by school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full time.

******The following steps below will be supervised by an 'Iolani School ATC'******

Step 3. Light exercise. This step cannot begin until student is cleared by the licensed health care provider for further activity. At this point, the student may begin walking or riding a stationary bike.

Step 4. Running on a treadmill, in the gym, or on the field.

Step 5. Weight training. Athletes may begin non-contact training drills in full equipment.

Step 6. Full contact training or practice.

Step 7. Return to full school activity and game.

The Athletic Trainers will continually monitor the CMP to ensure the health of the athletes and their safe return to athletic participation.

References:

1. National Federation of State High School Association. New Rule Release March 4, 2010.
2. National Athletic Trainers' Association Position Statement. JAT 2004; 39(3):280-297
3. Consensus Statement on Concussion in Sport. Clin J Sport Med 2009; 19:185-200
4. National Federation of State High School Association Concussion Guidelines, 2009

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