



## Clearview Regional High School Athletic Department

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### Concussion Education/Compliance Policy and Concussion Management Protocol

In compliance with the requirements of the NJSIAA Concussion Policy, CRHS has established the following Concussion Education/Compliance Policy and Concussion Management Protocol.

#### Concussion Education/Compliance Policy

##### Parents/Guardians:

- Beginning July 1, 2010, the parents/guardians of all student-athletes are to review, on an annual basis, the concussion information found in the Parent Student-Athlete Handbook. They will be required to submit written verification acknowledging that they have read this information (form found on last page of handbook). Students will not be permitted to participate without a verification form on file in the Athletic Office.

##### Students:

- Beginning July 1, 2010, the parents/guardians of all student-athletes are to review, on an annual basis, the concussion information found in the Parent Student-Athlete Handbook. They will be required to submit written verification acknowledging that they have read this information (form found on last page of handbook). Students will not be permitted to participate without a verification form on file in the Athletic Office.
- Students will also be required to participate in a concussion awareness program at the start of each season conducted by the Athletic Department.

##### Athletic Department Personnel:

- Beginning July 1, 2010, ALL Athletic Department personnel (athletic director, athletic trainer, coaches, and school nurse), and all subsequent appointments, shall be required to complete the NFHS Course "**Concussion in Sports - What You Need To Know**". A copy of the course completion certificate will be kept on file in the Athletic Office.
- For each subsequent year of appointment, Athletic Department personnel will be required to participate in a "Concussion Review Session" conducted by the Athletic Department.

# CONCUSSION MANAGEMENT PROTOCOL

## Emergency Action Plan When a Concussion is suspected:

1. Once a CRHS student-athlete is suspected to have suffered a concussion he/she will be removed from play immediately and will be evaluated by an appropriate health care professional.
2. The coach or athletic trainer will notify the parents/guardians about the possible concussion and give them information on concussions.
3. The student-athlete will be kept out of play the day of the injury and until a health care professional, **trained in the evaluation and management of concussions**, says he/she is symptom free and gives clearance to return to activity.
4. The Zurich Guidelines for Return-to-Play after a concussion will be implemented. A return-to-sports clearance that is inconsistent with our concussion guidelines will not be accepted and the matter will be referred to our school physician.

***At the direction of our school physician, Dr. Gregory Herman, and adopted by the Clearview Regional High School District Board of Education, Clearview High School District follows the concussion guidelines set forth by the Zurich Concussion Consensus Statement<sup>1</sup> and the NJSIAA<sup>2</sup> as described below:***

## Return to Play Guidelines

First time concussed athletes with no loss of consciousness and sign/symptoms lasting less than 7 days may return to play when he/she meets the following criteria:

1. **Asymptomatic (with no use of medications to mask headache or other symptoms).**
2. **Completes the Zurich Activity Progression (see below) once asymptomatic for 24 hours and medically cleared to do so.**
3. **ImPACT scores return to within normal limits of baseline (if applicable).**

**Any loss of consciousness, signs/symptoms lasting 7 days or longer, or repeat concussions will require a minimum 7 day asymptomatic period and medical clearance before beginning the Zurich Activity Progression and will be managed on an individualized basis as approved by the school physician. The asymptomatic period for any concussion may be extended at the discretion of the Clearview physician and athletic trainer.**

**Physician clearance notes inconsistent with the concussion policy may not be accepted and such matters will be referred to our school physician.**

## Zurich Return to Activity Progression

We follow a stepwise activity progression based on recommendations in the Zurich Consensus Statement from the 3rd International Congress on Concussion in Sport<sup>1</sup> as follows:

- Step 1: Light aerobic exercise (ie: stationary bike, elliptical machine)
- Step 2: Moderate aerobic exercises (begin running program)
- Step 3: Functional exercises (increase running intensity, begin agilities, non-contact sport-specific drills)
- Step 4: Non-contact practice activities
- Step 5: Full contact practice activities
- Step 6: Full game play

**Each step is separated by 24 hours.** If any symptoms occur, the athlete will drop back to the previous level and try to progress again after 24 hours of rest has passed

## ImPACT Testing

In the sports of football, soccer, field hockey, wrestling, basketball, diving and lacrosse we require pre-season baseline and post-concussion neurocognitive testing using the ImPACT® (Immediate Post Concussion Assessment and Cognitive Testing) software program to assist in the management of head injuries. The 20-minute program is set up in a "video-game" format. It tracks neurocognitive information such as memory, reaction time, brain processing speed and concentration. We conduct a post-concussive test when the athlete is asymptomatic and continue to test the athlete until their scores return to normal. Please note that this program is used only as a tool in making return to play decisions. Additional information about ImPACT® can be found at [www.impacttest.com](http://www.impacttest.com).

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