



Salem High School

Department of Athletics and Student Activities
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SALEM HIGH SCHOOL CONCUSSION EDUCATION POLICY AND PROTOCOLS

A recent policy statement issued by the NJSIAA Executive Committee requires member high schools to develop a policy related to concussions including forms and guidelines in order to educate student-athletes, school personnel, and parent-guardians about concussion.

Education and Compliance

Athletic Department Personnel

- Beginning July 1, 2010 ALL Athletic Department personnel (coaches, athletic trainer, athletic director, school nurse and team physician) 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 must be provided prior to assuming athletic department responsibilities and will be kept on file in the Athletic Office.
- For each subsequent year of appointment, Athletic Department personnel (with certificates on file) will be required to verify participation in a “Concussion Review Session” conducted by the Athletic Department.

Parents-Guardians

- Beginning July 1, 2010 the parents of all athletic candidates shall receive, on an annual basis, a concussion fact sheet and they will be required to submit a written verification (form to be provided) that they have read the information. Students will not be permitted to participate in scrimmages or games without a verification form on file in the Athletic Office.
- Additionally, parents of all Freshmen, Juniors and all new incoming students playing a contact or collision sport will receive a written description of the Salem High School ImPACT testing protocol and a permission slip for their child to be baseline tested. Students will not be permitted to participate in scrimmages or games without a completed ImPACT baseline test on file in the Athletic Trainer’s office.

Students

- Beginning July 1, 2010 all athletic candidates shall receive, on an annual basis, a concussion fact sheet and they will be required to submit a written verification (form to be provided) that they have read the information. Students will not be permitted to participate in scrimmages or games without a verification form on file in the Athletic Office.

- Additionally, all Freshmen, Juniors and all new incoming students playing a contact or collision sport will receive a written description of the Salem High School ImPACT testing protocol and a permission slip to be baseline tested. Students will not be permitted to participate in scrimmages or games without a completed ImPACT baseline test on file in the Athletic Trainer's office.
- Students will also be required to participate in a concussion awareness program at the start of each season conducted by the Athletic Department.

Return to Play Guidelines and Protocols

A student-athlete who is suspected of sustaining or who has sustained a concussion and/or has become unconscious during an athletic event shall not return-to-play until (s)he meets all of the following criteria:

- Immediate removal from play and no return-to-play that day.
- ImPACT Post-Event screening for those student-athletes with for which ImPACT baseline data is available. (If baseline data is not available go to next step.)
- Medical evaluation to determine the presence/absence of concussion.
- Any student-athlete diagnosed with a concussion shall complete a symptom-free week initiated on the first asymptomatic day, and obtain a negative ImPACT test score before initiating a graduated return-to-play exercise protocol. The student-athlete must be monitored during this time period for any reoccurrence of concussion symptoms.
- If the student-athlete exhibits a re-emergence of any post-concussion signs or symptoms once they return-to-play, they will be removed from exertional maneuvers and return to his/her primary care physician or the team doctor for reevaluation.
- If concussion symptoms reoccur during the graduated return-to-play exercise protocol, the student-athlete will return to the previous level of activity that caused no symptoms and then advance as tolerated.
- Once all of the above criteria have been met, a "GRADUATED RETURN-TO-PLAY EXERCISE PROTOCOL" shall be used:
 - Step 1: No activity, complete physical and cognitive rest. The objective of this step is recovery.
 - Step 2: Light aerobic exercise, which includes walking, swimming or stationary cycling, keeping the intensity < 70% maximum percentage heart rate; no resistance training. The objective of this step is increased heart rate.
 - Step 3: Sport-specific exercise including skating, and/or running drills; no head impact activities. The objective of this step is to add movement.
 - Step 4: Non-contact training drills involving progression to more complex training drills (e.g. passing drills). The student-athlete may initiate progressive resistance training.
 - Step 5: Following medical clearance, participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by the coaching staff.
 - Step 6: Return to play involving normal exertional or game activity.