

	<h2 style="margin: 0;">CONCUSSION POLICY</h2>
<p>FORMULATED & REVIEWED BY TRFSC BOARD OF DIRECTORS JUNE 2023</p>	

General Information

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. An athlete can sustain a concussion without losing consciousness or actually hitting their head. Concussion reflects a functional rather than structural injury and standard neuro-imaging (MRI, CT scan of the brain) is typically normal.

Concussion can result in symptoms that are evident immediately, or may evolve and persist over the course of hours, days, and even months. Some signs and symptoms of a concussion are only evident with specific testing or questioning. Additionally, certain symptoms of concussion, such as disequilibrium and slowed reaction times, increase the risk for further injury to the concussed skater and those around him/her if precautions are not taken before returning to training and/or competition. Once an athlete has had a concussion, the brain is more susceptible to repeat injury

Policy Parameters

This policy applies to all skaters in 7th grade or above and follows the Sanford Health and Lincoln High School Concussion Management Protocols. Those in 6th grade or below may not return to ice until they are cleared by their provider.

Immediately After Receiving a Concussion

- Skater will be Immediately removed from practice/competition
- Parent or guardian of the minor skater should be notified
- Skater is not allowed to return to current practice competition

Post-Concussion Management – 24-72 Hours Post Concussion

- Post injury ImPact test will be taken
 - After the test is completed, scores will be compared to the baseline test taken at the beginning of the season.
 - If scores are at or above the baseline scores and the athlete is completely symptom free, the Return to Play steps will begin.
- If scores are not back to baseline, the ImPact test will be repeated in a week or when the athlete is symptom free, whichever comes first.

- If after the third time of repeating the tests and scores are not normal, he/she will be referred to a doctor that is specialized in concussion management.

Return to Play Steps

- The Return to Play consists of four stages of progressive physical activity
 - Athletes must remain symptom free throughout ALL states.
- 24-hour rest period is taken between each stage
- Any occurrence of symptoms-testing will be stopped until symptoms resolve.
 - Testing will restart at the last stage the skater completed.

Stages

- Step One: light to moderate jogging or elliptical for 10 minutes
- Step Two: High intensity intervals for 10-15 minutes. This step consists of sprints, jumping jacks, squat jumps, burpees, mountain climbers etc.
- Step Three: Skater may return to limited and light practice
- Step Four: Skaters may return to full practice. If this step falls on a competition day, the skater must sit out of the competition and resume step four on the next regular practice.