

DEPARTMENT OF ATHLETICS
COLUMBIA GRAMMAR AND PREPARATORY SCHOOL
CONCUSSION MANAGEMENT STATEMENT

Columbia Grammar and Preparatory School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, the school has adopted the following policy to support the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While the CGPS staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches and nurses will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. As an additional tool, athletes in grades 9-12 participating in high-risk sports will take the baseline ImPACT test prior to the start of the season. To learn more about ImPACT, you can view their website at <http://www.impacttest.com/>.

Any student exhibiting signs or symptoms of concussion while participating in a school-sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and should be evaluated as soon as possible by a physician if symptoms continue. The school nurse or athletic trainer will notify the student's parents or guardians and recommend appropriate action. If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the school expects the parent/guardian to report the condition to school nurse so that the school can support the appropriate management of the condition.

The student shall not return to physical activity until authorized to do so by an appropriate health care professional and a written note is provided to the school. The school's concussion management team will make the final decision on return to activity including physical education class and after school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider.

The CGPS concussion management team will follow the recommended protocols to guide the student through the steps to return to physical activity.

If you would like further information about concussions, visit www.cdc.gov/concussion.