

CONCUSSION IN SPORT GUIDELINES

Rationale for Concussion in Sport Guidelines: In accordance with the 2013 South Carolina Concussion Law, Providence Athletic Club establishes the following guidelines regarding the evaluation, management, and return-to-play decisions for athletes participating as a member of any Providence Athletic Club team.

Foundational Basis for Concussion in Sport Guidelines: The Providence Athletic Club Guidelines are consistent with the recommendations of the 4th International Conference on Concussion (Zurich 2012), National Athletic Trainers' Association, American Academy of Pediatrics, and the National Federation of High School Associations. Furthermore, the Providence Athletic Club Concussion in Sport Guidelines are modeled after guidelines approved by the South Carolina Athletic Trainers' Association, the South Carolina Medical Association's Medical Aspects of Sport Committee, and the Brain Injury Association of South Carolina in 2010 as recommendations for the South Carolina High School League concussion policy.

Implementation of Concussion in Sport Guidelines: Providence Athletic Club in Sport Guidelines provide a framework rooted in current standards, but allow details regarding implementation based on personnel, resources, and philosophies to be tailored to the needs Providence Athletic Club. The plan must be reflective of current scientific & medical literature and incorporate "best practice" guidelines for identification, management, & return-to-play decisions for concussions. The plan must be reviewed annually.

Required Components for Concussion Management Plan

Education

- Annual education regarding concussion for parent, athlete, and coach
- Education must be documented

Evaluation

- An athlete displaying signs or symptoms of concussion will be evaluated by healthcare provider approved by the SC Concussion Law (physician, athletic trainer, nurse practitioner, physician assistant)
 - ◆ If no approved healthcare provider is available, the athlete will be removed from participation until evaluation by an approved healthcare provider can be conducted
- Healthcare provider must use a standardized concussion assessment instrument
- Parent of an athlete determined to be concussed will be contacted and counseled regarding management of the injury

Return to Play (RTP)

- Any athlete determined to be concussed may not RTP on same day of injury
- After concussion the following criteria must be met:
 - ◆ Asymptomatic at rest and exertion
 - ◆ Completion of a graduated RTP protocol
 - ◆ Written release from physician

Helmet Replacement and Reconditioning

- NOCSAE certified when purchased
- Reconditioned by NOCSAE standards

Academic Considerations

- Teachers of a concussed athlete will be notified
- Classroom recommendations by the treating physician will be provided to the teachers of a