

Concussion Protocol

The Role of Athletic Trainers for Concussion Care

As licensed medical professionals, athletic trainers receive comprehensive didactic and clinical training in concussion management. They are typically the first providers to identify and evaluate injured persons and are integral in the post-injury management and return-to-play (RTP) decision-making process. Athletic trainers are vital members of any concussion care team. They are instrumental in maintaining the safety of student-athletes and ensuring CB's concussion protocol is airtight. Athletic trainers do this by being the main point of contact for concussion care.

ImPACT Testing

To participate in a CB sport, every student-athlete must complete a baseline concussion test prior to the start of their season. Baseline testing measures an athlete's brain function in a normal, healthy state before a concussion. In the event of a concussion, the results of these tests can be used as a comparison to help athletic trainers and other healthcare providers make return-to-sport decisions. ImPACT tests are used for baseline scores as well as post-injury testing to indicate a full return to sports. Baseline scores are valid for 2 years. Tests are supervised by the athletic trainers and can be taken via desktop computer, laptop, or iPad.

Concussion Diagnosis

When a student-athlete has a suspected head injury, the Certified Athletic Trainers will evaluate the injured student-athlete using the SCAT-5 assessment tool as well as the CIF Graded Concussion Symptom Checklist. The SCAT-5 is the standardized concussion assessment tool used to evaluate possible concussions designed for use by athletic trainers, physicians, and other licensed healthcare professionals. Based on the evaluation, the athletic trainer assesses whether a concussion has occurred.

[CIF Concussion Information Sheet](#)

Return to Sports

If a clinical diagnosis has been made by the athletic trainer, parents/guardians will be notified for a referral to see a physician (MD/DO) to confirm diagnosis and written clearance to begin and progress through the protocol. Additionally, a graduated return to play protocol MUST be completed with the athletic trainers before the student-athlete can return to full competition, or as otherwise directed by the supervising physician.

*CA State Law AB2127 states that return to play (i.e., competition) cannot be sooner than 7 days after evaluation by a physician (MD/DO) who has made the diagnosis of concussion, and only after completing a graduated return to play protocol. *

[CIF Acute Concussion Notification Form for Parents/Guardians](#)

[Physician Letter to School](#)

[CIF Concussion Return to Play \(RTP\) Protocol](#)

Return to Learn

Following a concussion diagnosis, parents/guardians and academic counselors will be notified. Students may have difficulties with short- and long-term memory, concentration, and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule, limited homework and/or additional time for testing; a formal school assessment may also be necessary. Athletic trainers or physicians can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations).

[Physician \(MD/DO\) Recommended School Accommodations Following Concussion](#)

[CIF Concussion Return to Learn \(RTL\) Protocol](#)