

Jesuit High School Concussion Policy

If an athlete is suspected of having suffered a concussion, he will be ineligible to practice or play until the full process below has been completed – this is for the safety and benefit of the athlete and his growing brain! During this period, the athlete will not be allowed to practice, play in matches, or engage in any other physical activity on behalf of the school.

Suspicion of Head Injury

1. If the athlete experiences concussion-like symptoms or is suspected to have sustained head trauma, the athlete will be removed from a practice or a game. This action may be taken due to a coach's observation or an athletic trainer's evaluation. The student-athlete's parents will be notified of the possible injury and be directed on the next steps to take. The student-athlete who is suspected of sustaining a concussion may not return to play or practice until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion/brain injury and has received written clearance to return to play from that health care provider. (CA State Law AB 25)
2. If concussion-like symptoms occur later in the day and are observed by a parent at home after the practice or contest has concluded, the athlete should see a physician in the morning for evaluation. If symptoms appear to worsen, parents are advised to seek immediate medical attention. Please notify the Dean's Office, Athletic Department, and coach of the possible injury.

Physician Evaluation

1. If the initial physician's visit results in a diagnosis of **no concussion**, the athlete will be cleared to participate. Written notification of clearance by the doctor must be provided to the Jesuit Athletic Department.
2. If the doctor diagnoses a concussion, or requires the athlete to sit out for evaluation for any period of time, the athlete will need to satisfy the terms of the Jesuit Concussion Policy before he is cleared to participate.

Diagnosis of Concussion – Forms should be filled out by Specialist, not Primary Care MD

1. Once an initial physician evaluation determines the athlete has sustained head trauma, the athlete is required by state law to sit out a mandatory period of seven days. (CIF Bylaw 503.H)
 - a. **Physician Letter to School Form** – This letter is recommended for physicians to use when communicating with school personnel and parents/guardians.
2. Jesuit High School requires students to be cleared by a specialist trained in the treatment of head trauma and who has the ability to administer a post-concussion ImPACT Test and analyze and compare pre-injury with post-injury results. Please contact Robin Cummings for a physician referral, or you may seek a medical specialist in your own MD referral system. Jesuit High School will need the following information from the treating specialist:
 - a. **Return to Learn (RTL)** – These documents are used to assist the concussed student to return to the classroom and learning environment and they assist our faculty/staff/counseling department in following doctor-prescribed activity guidelines while healing.
 - i. **CIF Concussion Return to Learn (RTL) Protocol Form** – This Form is recommended for use by all parties involved with returning a student-athlete to the classroom.
 - ii. **CIF Physician (MD/DO) Recommended School Accommodations Following Concussion Form** – The Form is recommended for use by all parties involved with returning a student-athlete to the classroom.
 - b. **Return to Practice and Play (RTP)** –

