

## CONCUSSION MANAGEMENT PROGRAM

In 2010, the National Federation of State High School Associations (NFHS) established a new rule stating that “any player who shows signs, symptoms, or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional.” In compliance with the NFHS rule change as well as state and national guidelines, Hanalani Schools and the Pac Five Athletics program have instituted the following guidelines for all student-athletes participating in collision and contact sports. Hanalani student-athletes will be administered baseline assessments once every two (2) years, which will provide the students-athletes’ primary care physicians with objective information to compare pre- and post-injury.

### IMPACT BASELINE ASSESSMENT

Hanalani Schools uses a software tool called **Immediate Post Concussion Assessment and Cognitive Testing (ImPACT)** in order to better manage concussions sustained by student-athletes. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The non-invasive ImPACT assessment is set up in video-game style format and takes between 20 and 30 minutes to complete. It is a simple assessment, and many athletes enjoy the challenge of taking the test. Essentially, the ImPACT exam is an athletic physical exam for the brain. It tracks information such as memory, reaction time, speed, and concentration. It is not an IQ test.

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# HANALANI ATHLETICS

## CONCUSSION MANAGEMENT PROGRAM CONT.

The ImPACT exam establishes baseline scores prior to beginning contact sport practice or competition. After a concussive injury, the injured athlete is re-assessed and the scores are compared to the baseline score. Athletes will only be considered for return to their activities if the post-injury scores are comparable to the baseline scores.

If a concussion is suspected in a Hanalani athlete, parents will be promptly contacted with all details, and the athlete must re-take both tests. The information gathered can also be shared with the athlete's family doctor. The test data will enable health professionals to determine when beginning return-to-play protocol is appropriate and safe for the injured athlete.

Information gathered from the ImPACT exam may also be used in studies conducted by this school, the ILH, the University of Hawai'i, local physicians, neuropsychologists, the State of Hawaii Department of Education, and the National Athletic Trainers' Association. In order to ensure your child's anonymity, Hanalani uses an anonymous data submission system.

After a student-athlete takes the cognitive status assessments, the Athletic Director will collaborate with the student-athlete's physician and/or a neuropsychologist to determine if the student-athlete is ready to start the **Return-to-Activity Plan** (page 3). This team approach ensures the health and safety of each concussed student-athlete.

# RETURN-TO-ACTIVITY PLAN

**STEP 1: Complete cognitive rest.**

This may include staying home from school or limiting school hours and study for several days. This should be prescribed by a physician and supported by school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery.

**STEP 2: Return to school full time.**

Steps 3 through 7 will be supervised by the Athletic Director and the Athletic Trainer. Each step is separated by a minimum 24 hours. If symptoms occur during any step, the athlete will return to the previous step.

**STEP 3: Light exercise.**

This step cannot begin until the treating physician clears the student-athlete for further activity. At this point, the student-athlete may begin walking or riding a stationary bike.

**STEP 4: Running in the gym or on the field.**

**STEP 5: Non-contact training drills in full equipment.**

Weight training can begin.

**STEP 6: Full contact in practice or training.**

**STEP 7: Play in game.**