**William Howard Taft High School Athletic Department**

**Emergency Action Plan**

**&**

**Athletic Training Room Policies and Procedures**

**GENERAL INFORMATION:**

**Certified Athletic Trainer: Matt Eifert**

**Matt’s Cell #** 773-580-8302

**Athletic Training Room:** Room 228 A (adjacent to weight room)

**Hours**: After school: **2:30-6:30pm** *or* until home games are complete

Vacation Days/Saturdays: 9am-12pm, or until home games are complete.

**CLOSED:** Thanksgiving Day

Christmas Eve & Christmas Day

New Years Eve & New Years Day

Sundays

**AD (Matt Kestler)** Office #: 773-534-1011

Cell #: 773-501-3463

**Taft Emergency Service** From a school phone: **911**

**Hospital:** Presence Resurrection Medical Center

7435 W. Talcott Ave, Chicago, IL 60631

773-774-8000

From Taft, take Bryn Mawr West .4 miles to Talcott

Take Talcott .75 miles NW, hospital is on the left

**AED Locations:** Inside Main Gym (near weight room stairs)

Inside Main Office (near copy machine)

Outside of 220 (in-between two 2nd floor gyms)

Outside of Classroom 321

**EpiPen Locations:**  Main Entrance Desk (Door 1)

Counseling Office

**GENERAL EMERGENCY PROCEDURES**

**When a medical emergency occurs and an Athletic Trainer is available:**

1. Notify an athletic trainer as soon as possible by the fastest of the following methods:

* Call Athletic Trainer’s cell (# listed above)
* Send an athlete(s) to notify athletic trainer of emergency

1. Administer first aid and emergency procedures as needed.
2. Call 911 if it is **OBVIOUS** that an ambulance is needed; send a responsible person with knowledge of the situation to meet the ambulance.
3. When Athletic Trainer arrives, advise them of the situation and events leading up to the injury.
4. Assist athletic trainer in filling out accident/injury reports.
5. **Notify ATHLETIC DIRECTOR of the student’s name and reason for ambulance being called.**

**When a medical emergency occurs on campus and an athletic trainer is not available:**

1. Administer first aid and emergency procedures as needed.
2. Call 911 if deemed necessary-better to err on the side of caution (especially with possible head and neck injuries).
3. Notify parents as soon as possible if they are not on site of injury.
4. If 911 is called, assist them by providing important information about the athlete’s injury and/or medical condition.
5. If an injured athlete needs to be transported to the hospital and parents are not available, a responsible assistant coach or adult MUST accompany athlete to the hospital.
6. Continue attempts to notify the parents.
7. **Notify ATHLETIC DIRECTOR of the student’s name and reason for ambulance being called.**
8. Fill out a CPS accident form and return to Athletic Director.
9. **Notify athletic trainer as soon as possible of the injury and steps taken for management of the injury.**

**Directions for calling paramedics/ambulance/EMS:**

1. Dial 911 from any Taft phone or 911 from a cell phone.
2. State your name and position (coach, supervisor, athletic director, etc,).
3. State the need for an ambulance and location of the injured athlete.
4. 911 operators will sometimes ask for a description of the injury and give important instructions as to the immediate management of the injury.
5. Give any requested information: athlete’s age, sport, home phone number, phone # from which you are calling (in case call gets disconnected), etc.
6. Stay on the phone until the operator tells you to hang up.
7. Send responsible person to meet and direct the ambulance to the injured athlete.
8. Assist paramedics/EMTs with any injury information (how injury occurred, signs and symptoms of the injury, if the parents have been notified, etc).
9. Print the student’s emergency medical information from CPS IMPACT data system and have available upon the arrival of paramedics/EMTs.

**When a medical emergency occurs at an away contest:**

1. Request assistance of the athletic trainer (if available) at contest.
2. Please follow and respect instructions and recommendations of athletic trainer at host school.
3. If athletic trainer **is not** available on site, request assistance of the host team coach or representative of the athletic department.
4. Request ambulance to be called if necessary.
5. If 911 is called, assist them by providing important information about the athlete’s injury and /or medical history. Utilize the demographic information provided by the host coach.
6. Contact parents as soon as possible.
7. Send parent or representative of Taft if the student needs to be transported to the hospital by ambulance.
8. Notify Taft Athletic director of the student’s name and reason for ambulance being called.
9. **Notify Taft athletic trainer of injury.**
10. Fill out CPS accident form and return to athletic trainer.

**GENERAL INJURY PROCEDURES (NON-EMERGENCY)**

**Athletic Injury Process**

**When an injury occurs and an Athletic Trainer is available:**

Providing and/or obtaining medical attention for the injured athlete must take priority during practice or contests.

1. Contact athletic trainer.
2. Failure to obtain proper medical attention and/or permitting an injured athlete to compete without proper medical clearance will expose you, and the school district to legal risk.
3. Keep the injured athlete still, comfortable, and reassured until the athletic trainer arrives.
4. Do NOT move the athlete if there are ANY doubts to the severity of the injury.
5. The athletic trainer should evaluate the injury and determine the athlete’s readiness to return to participation.
6. Athletic trainer is to advise the athlete and parents on home management plan for the injury.

**When an injury occurs on campus and an athletic trainer is not available:**

For minor injures it is best to visit the athletic trainers at school the following day for evaluation and guidance before visiting MD or hospital. PLEASE ALERT ATHLETIC TRAINERS OF INJURY

1. Administer first aid as needed.
2. Rest, Ice, Elevate, and apply compression to injury if possible. (RICE Principal)
3. Notify parents as soon as possible if they are not at site of injury.
4. Continue attempts to notify the parents.
5. **Notify Taft athletic trainer of injury ASAP and follow up with him the following day.**
6. Fill out a CPS accident report and return to athletic trainer.

**ROLES AND RESPONSIBILITIES OF THE ATHLETIC TRAINER**

**Domains of athletic training:**

1. Injury prevention
2. Injury evaluation and diagnosis
3. Immediate care of injuries and life threatening emergencies
4. Treatment, rehabilitation, and reconditioning of injuries
5. Organizational and administrative responsibility
6. Professional responsibility

**Athletic training services:**

The services of the athletic trainers are only available to athletes who are participating in an in-season school sport or interscholastic activity. Evaluation and diagnosis of injuries will be given to out of season athletes, coaches, or administration who requests it, but priority will be given to in-season athletes first.

**Injured athlete and participation:**

The wellness of the student athlete is our main goal. The decisions and recommendations of the certified athletic trainer must be considered final concerning return to play after sustaining an injury during a contest. There must be regular communication between the coaches and the athletic trainer on the availability of players from their respective teams. If the coach is unsure of the availability of the athlete, please call or stop by the athletic training room for a full report on the athlete’s status. **Do not assume that the athlete is cleared to resume play by their word or how they appear**. Everyone involved in the welfare of the athlete (i.e. the athlete, parents, coaches, athletic trainer, and physicians) must agree that a player can resume full participation safely and confidently. If any one of the people involved feels that the athlete is not ready to resume participation, then the athlete will be withheld from participation. If the athlete has a physician’s note restricting them from participation, no one, including the parents, can allow the athlete to resume participation. Only a written authorization from that physician would allow this athlete to return to play.

**Athletic training room operation:**

1. **Practice coverage:**

* Monday-Friday the athletic training room will be open from 2:00pm until 6:30pm or until practices are complete.
* On Saturdays, the athletic training room will be open from 9am-12:00pm or until practices are complete.
* Athletes that need to be seen after practice should shower and be in the athletic training room as soon as possible.
* After practices, the athletic training room will close as soon as all occurring injuries are evaluated and treated appropriately.
* If athletic trainers are not notified at *least* 24 hours in advance of special practices or changes from the original practice schedule, no athletic training coverage will be available.
  + **It is the responsibility of the coach to ensure that athletic trainers are notified of practice schedules changes (by email, cell phone, or both)**
* During the outdoor seasons the athletic trainers can be contacted by cell phone.
* During the outdoor seasons the athletic trainer will be at the practice with the highest incident of injury unless there are home contests or they have been called to other injuries.
* During the winter season, the athletic trainer will be available in the training room, or in the practice area.

1. **Game Coverage:**

* An athletic trainer will be available for most Taft home contests on campus and select contests off campus, depending on scheduling conflicts.
* An athletic trainer will travel with the varsity, sophomore, and freshman football teams due to the increased incidence of acute orthopedic and catastrophic injuries.
* If the varsity team advances to the state playoffs, an athletic trainer will travel with the team to each contest.
* An athletic trainer will travel with all other teams to their perspective playoff contest when scheduling allows.
* An athletic trainer will *not* travel with any other sports team except for football for regular season contest.
* Water and Ice will be made available for all home athletic contests at Taft.
  + **NOTE: it is the responsibility of each team to fill and transport water as well as return the cooler to the appropriate storage area.**

1. **Athletic Training Room Facilities and Equipment:**

* **ALL athletes MUST sign in!**
* No cleated shoes are allowed in the athletic training room.
* Game equipment is to be kept outside the athletic training room.
* Shoes must be kept off treatment tables.
* Athletes must shower before receiving treatment.
* Roughhousing and profanity are NOT allowed, and may result in removal from athletic training room.
* No tobacco products are allowed.
* The athletic training room is to remain CLOSED and LOCKED at all times unless an athletic trainer is present.
* NO ONE is allowed in the athletic training room without proper supervision.
* NEVER leave the doors open or unlocked.
* It is proper first aid to apply ice to an injured body of an athlete, however, only the athletic trainers are legally able to initiate treatments such as hot packs, whirlpools, rehabilitative exercise, electric stimulation, or ultrasound.
* All supplies are locked up when not in use. **Please do not remove supplies from the ATR**.
* The coach of the team utilizing the equipment is responsible for the condition and the return of all equipment to the athletic training room.
* Continually check the contents of your first-aid kit. If more supplies are needed, contact the athletic trainers.

**Events having Athletic Trainer Coverage:**

Most home events will have an athletic trainer on site and available at all times. If the athletic trainer is not visible, the coach or the athletic director will know how to find the athletic trainer. Home events with the highest incidence of injury will take precedence over home events with lower incidents of injury. Many times there will be multiple events occurring at the same time; when this is the case, we rotate from event to event and/or let the coaches know we are leaving the site to cover another sporting event. In the event that an injury occurs when an athletic trainer is not present, send a responsible coach or athlete to find the athletic trainer and begin to execute first-aid or the emergency care plan if necessary, or wait until the athletic trainer arrives. Home events take priority over practices (except football practice); however, the athletic trainer is available to look at any injury at any sport at any time. Please locate the athletic trainer and they will go to the injury as soon as possible. If reasonable, send the injured athlete to the athletic trainer.

**Modality Use**

Taft High School adheres to Illinois State Law in regards to the use of therapeutic modalities. Heat may be used only as instructed by certified athletic trainer. Electrical stimulation and ultrasound may be used by a certified athletic trainer only under the direct order of a licensed physician. Athletes must have a prescription to use certain modalities. If a prescription is on file for an athlete to have electric stimulation or therapeutic ultrasound, a treatment appointment must be made with the athletic trainer. Treatments will not be given without notice, or during peak hours.

**WEATHER CONSIDERATIONS**

**Lightning Procedure**

When in doubt, the athletic trainers, athletic director, coaches, and other staff members have been instructed to err on the side of caution. When there is reasonable risk for storms, communication will be constant between the athletic director and athletic trainer to make a prudent decision. We will be utilizing the WeatherBug mobile application to monitor lightning. Lightning strikes that take place within a 10-mile radius of an outdoor activity will require teams to take shelter immediately. NOTE- sheds, dugouts, concession stands and other outdoor enclosures are NOT considered adequate cover. Teams can return outdoors when the Weather-Bug mobile application gives the all clear.

**Types of Heat Illness**

Heat cramps

Heat cramps are severe cramping of the skeletal muscles, particularly those most heavily used during exercise. Heat cramps are treated by moving the individual to a cooler location and administering fluids or a saline solution.

Heat exhaustion

Heat exhaustion, accompanied by such symptoms as fatigue, dizziness, and vomiting, is caused by the body’s cardiovascular system not meeting the body’s needs; heat exhaustion typically occurs when your blood volume deceases, by either excessive fluid loss or mineral loss from sweating.

Heat stroke

The most dangerous type of heat illness, heat stroke is characterized by a rise in internal body temperature, cessation of sweating, hot and dry skin, rapid pulse and respiration, high blood pressure, confusion, and unconsciousness.

\*All types of heat illness are INCREADIBLY SERIOUS and should be treated accordingly \*

In addition to IMMEDIATELY contacting medical personnel, individuals can begin treating heat stroke by cooling the person’s body in a bath of cool water or ice, or wrapping the body in a wet sheet and fanning the victim.

For full details on the IHSA Heat, hydration, & performance policies visit:

<http://ihsa.org/resources/sportsmedicine/healthwellbeing/heathydrationandperformance.aspx>

**MEDICAL CONDITIONS**

When an athlete has a medical condition, it is extremely important that they make the coaches and athletic trainers aware. Athletes should have action plans on file with the school nurse, as well as the athletic training office.

Asthma

Athletes with a history of asthma should alert the athletic trainer as well as his or her coach. Inhalers may be kept in the athletic training room, or on the athlete’s person, but it is extremely important that the location of the inhaler be discussed prior to competition/practice. Please note that inhalers kept in the nurse’s office will **NOT** be accessible at after school practices or events. Inhalers turned into the ATR will be labeled with the athlete’s name. It is the responsibility of the athlete to pick up inhaler when the athletic season in complete.

Diabetes

Athletes with diabetes MUST make the athletic trainer, as well as his or her coach aware of their medical condition. Diabetic action plans should be kept on file with the nurse, as well as the athletic training office. Athletes may choose to keep some treatment supplies in the athletic training room, but this must be discussed with the athletic trainer. Prescription medications are NOT allowed to be stored in the ATR (glucagon is the exception). Each athlete is responsible for providing and maintaining quantities of necessary supplies.

Diabetic athletes should always be allowed to have fast acting carbohydrates with them at practices and games. This may include but is not limited to glucose tabs, juice, sports drinks, or other sugary food/drink as recommended by their doctor. If a diabetic athlete needs to take a break from a practice or event, they must notify the coach and are allowed to do so. Should an athletic trainer be needed to assist with a diabetic situation the use of a cell phone is preferred. If those methods do not work or are unavailable, a responsible coach or athlete should be sent to locate the athletic trainer. A diabetic athlete should **NEVER** be sent alone to seek assistance!

Unless otherwise documented by a doctor, Taft High School requires that diabetic athletes check in daily with the athletic trainers and must test blood glucose level before participating in practice or a game. Athletes will not be allowed to participate if blood glucose levels are below 100mg/dL, or if ketones are present. More detailed information on diabetic treatment plans are available upon request.

Allergies

Athletes should report all allergies to the athletic trainer, as well as have action plans on file with the school nurse. Athletes with severe allergies who carry EPIPEN **MUST** alert the athletic trainer as well as coaches. Please note that EPIPENS kept in the nurse’s office may not be available for use after school. Athletes may keep an additional EPIPEN in the ATR, or on their person, but the athletic trainer and coaches must be aware of location, as well as triggers that may require use of EPIPEN.

Other medical conditions

All medical conditions should be reported to athletic trainers. If an athlete has a medical condition that may require treatment or medications during athletic practices/contests, the athletic trainer must be made aware and action plan should be on file.

**CONCUSSION POLICY**

This protocol is intended to provide an outline of the procedures we follow during the course of the school day, as well as contests/matches/events, when a student or athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois, and certified athletic trainers. It is the recommendation of Taft High School that parents seek care from one of the local concussion specialists that are referenced at the end of this packet. Parents of athletes are especially encouraged to first see our athletic training staff, or in an emergency, take your child to the nearest hospital.

William Howard Taft High School has adopted a policy regarding student and athlete concussions and head injuries that is in compliance with the protocols, policies, and by-laws of the Illinois High School Association.

A concussion is a traumatic brain injury that interferes with normal brain function. A child does NOT have to lose consciousness (be “knocked out”) to have suffered a concussion. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.**

A child who exhibits signs, symptoms, or behaviors consistent with a concussion such as, but not limited to, loss of consciousness, headache, dizziness, confusion, difficulty concentrating or balance problems, shall be immediately removed from the contest and shall not return to play or physical activity until cleared by an appropriate health care professional.

**ImPACT Testing**

Developed by clinical experts who pioneered the field, ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system.  ImPACT provides trained clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices -- as part of determining safe return to play decisions.  Each athlete that competes in a contact sport must have a baseline ImPACT test on file every two years. This baseline test is used to compare to the results of a post-injury ImPACT test that the athletes must take after suffering a concussion. The athlete may not be cleared until the post-injury ImPACT test results are within the ranges of their baseline scores.

**Note: Only Taft athletes who play contact sports are ImPACT tested and will have baseline scores for comparison. All Taft students who report to the school of a possible concussion will be evaluated using the SCAT 5 evaluation tool.**

**The ImPACT Test is:**

* One important piece of the overall concussion evaluation and management process.
* A sophisticated test of cognitive abilities.
* The most scientifically researched concussion management tool.
* A tool that can help healthcare professionals track recovery of cognitive processes following concussion.
* A tool to help communicate post-concussion status to athletes, coaches, parents, clinicians.
* A tool that helps health care professionals and educators make decisions about academic needs following concussion.

**The ImPACT Test is not:**

* A "panacea" or cure-all for concussion, as there is no such thing. As long as contact to the head occurs, concussion will continue to happen.
* A tool to diagnose concussion, which should always be diagnosed by a qualified health care provider.
* A substitute for medical evaluation and treatment

**The SCAT 5 Test is:**

* Universally recognized as the leading evaluation tool for recognizing possible concussions
* The SCAT5 is a standardized tool for evaluating injured athletes for concussion, and can be used in athletes age from 13 years and older
* The SCAT5 is for use by medical professionals.
* The SCAT5 scoring summary includes the following sections: symptom evaluation, cognitive assessment, balance examination, and coordination examination.
* The diagnosis of a concussion is of clinical judgment, it should be made by a medical professional.

**When you suspect that a student or player has a concussion, follow the “Heads Up” 4-step action plan.**

1. Remove the athlete from play or student from class/activity
2. Ensure that the student/athlete is evaluated by an appropriate health care professional.
3. Inform the student/athlete’s parents or guardians about the possible concussion and provide them this packet of information on concussion and concussion management as well as child’s SCAT 5 results.
4. Keep the student out of physical activity or athlete out of playthe day of the injury and until an appropriate health care professional says he or she is symptom-free and gives the okay to return to activity.

**Should an athlete be suspected or diagnosed with a concussion, the following protocol will be followed to insure the health and well-being of the student athlete:**

***Written Documentation:***

All documentation should include the cause of the injury, observed signs and symptoms, actions taken and time/date of the injury. All information will be submitted via the Chicago Public Schools accident form. Forms can be found in the main office, athletic director’s office, and/or the Taft Coaches Google Folder. In the event of an injury to a Taft athlete completed forms will be returned to the Athletic Director. In the event of an injury to a non-athlete completed forms will be returned to the main office. If the injury occurs to a Taft athlete all written documentation from an MD will be delivered to the Athletic Director or Athletic Trainer. If the injury occurs to a non-athlete all written documentation from an MD will be delivered to the school nurse.

***Communication of Injury to Non-Athlete During School Hours:***

1. The teacher in charge should contact the main office.
2. The school RN will contact the student’s parent/guardian and inform them of the condition/status of the student and the Return to Learn/Return to Play Protocol. The school RN will also contact the student’s counselor notifying them of the injury.
3. Once notified of injury, the counselor will notify the student’s teachers.
4. The school RN or counselor will forward any pertinent information to the student’s PE instructor and other teachers outlining what the classroom teacher should be aware of, to excuse the student from physical education, and grant him or her other accommodations until he or she is released by a medical doctor.
   1. Accommodations may include but are not limited to: allowing for alternative or make-up assignments, postponement of projects, tests, and quizzes, extended time on projects, tests, and quizzes.
   2. The school RN and/or student’s counselor may make recommendations to include other school personnel in the recovery process such as a school social worker or school psychologist as the team deems appropriate to each athlete’s individual circumstances.

A suspected concussed student should be under consistent observation until the professional in charge personally releases the student to the care of a parent/guardian, a parent approved adult, or approved medical personnel.

***Communication of Injury Involving Athlete During Contest or Practice:***

1. If the contest is home the Athletic Trainer or coach must contact the Athletic Director.
2. If the contest is away the coach should contact the Athletic Trainer and Athletic Director.
   * Athletic Director Mark Madden Cell #: 847-340-6288
   * Athletic Trainer Victor Balundis Cell #: 708-715-0319
   * Athletic Trainer Adam Babiarz Cell # 708-250-4451
3. The Athletic Trainer or coach must contact the student or athlete’s parent/guardian and inform them of the condition/status of the athlete and the Return to Learn/Return to Play Protocol.
4. Once notified of injury, the Athletic Director will notify via e-mail the school RN, the athlete’s counselor, and the athlete’s teachers.
5. The Athletic Director will forward any pertinent information to the athlete’s PE instructor and other teachers outlining what the classroom teacher should be aware of, to excuse the athlete from physical education, and grant him or her other accommodations until he or she passes the ImPACT Test and is released by a medical doctor.
   * Accommodations may include but are not limited to: allowing for alternative or make-up assignments, postponement of projects, tests, and quizzes, extended time on projects, tests, and quizzes.
   * The school RN and/or athlete’s counselor may make recommendations to include other school personnel in the recovery process such as a school social worker or school psychologist as the team deems appropriate to each athlete’s individual circumstances.

A suspected concussed athlete should be under consistent observation until the professional in charge personally releases the athlete to the care of a parent/guardian, a parent approved adult, or approved medical personnel. The Athletic Trainer and the athlete should maintain daily communication via the phone, e-mail, or in person until the initial ImPACT Post Test is completed.

**Return To Play Protocol**

***After suffering a concussion, no student should participate in physical activity or athlete should return to play or practice on that same day.***

Once an athlete no longer has signs, symptoms, or behaviors or a concussion **and is cleared to return to activity by a healthcare professional**, he or she should proceed in a sequential fashion to allow the brain to readjust to exercise. In most cases, the athlete will progress **one step each day.** The return to activity program schedule may proceed as below following medical clearance:

Progressive Physical Activity Program

Step 1: Light aerobic exercise, 10-15 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercise

Step 2: Moderate aerobic exercise 15-30 minutes. May include, but not limited to, running at moderate intensity in the gym or on the field without a helmet or other equipment, pushups, burpees, core exercises.

Step 3: Non-contact training drills in full uniform. May also include, but not limited to, running in the gym or on the field, sprints, pushups, burpees, core exercises. Athlete may begin weight lifting, resistance training, and other exercises.

Step 4: Full contact, no limitation practice or training.

Step 5: Full game play.

**If at any time symptoms of a concussion reoccur, or if concussion signs and/or behaviors are observed during the return to activity program, the athlete must discontinue all activity for 24 hours and be re-evaluated by their health care provider. The progressive physical activity program must also be restarted from the beginning if any symptoms are to reoccur. Non-athletes should request to see the school nurse if symptoms occur during the school day.**

**Note: This return to play protocol is intended for athletes primarily. Any Taft student that is diagnosed with a concussion should remain out of physical education activities until cleared to return by appropriate health care professional.**

**Return To Learn Protocol**

Students andathletes recovering from a concussion may find it stressful to keep up with the academic demands of the classroom. The physical strain to the eyes and brain can lead to dizziness, fatigue, headaches, as well as emotional changes such as feelings of sadness, anxiety, depression. This can affect the student’s ability to perform in the classroom. In order to accommodate student and athletes suffering from a concussion the athletic office, working in conjunction with our training staff, nurse’s office, and counseling office, will assist the student(s) in providing academic support through various resources of the district.

When a Taft student and/or athlete is diagnosed with a concussion, the athletic director or counseling office will inform the student’s teachers asking they provide the following accommodations for a period of time no less than 5 school days and may be extended should the student continue to exhibit symptoms:

* Extended period of time to complete assignments & assessments
* Completing assignments and/or assessments in parts
* Excuse from physical activities conducted in class
* Use of a reader for assignments and assessments
* Relocation to darker and quieter setting for assignment and/or assessment completion
* Release from having to complete assignments and/or assessments
* Hard copies of notes taken in class
* Classmate assistance on assignments

**Note: The above accommodations are also extended to any Taft student that is diagnosed with a concussion. When any Taft student is released during the school day due to evaluation of possible concussion, the nurse’s office and/or attendance office staff will notify the athletic office so that coaches and athletic training staff can be notified as well. All SCAT 3 assessments used by athletic trainers and nurse’s office staff will be shared with each other, as well as provided to parents when receiving this protocol.**

**Rationale:**

*Studies have shown that students can prolong their injury if exposed prematurely to high cognitive demand. Shortly after suffering from a concussion a student’s information processing speed and ability to handle full workloads may be impeded. Without allowing for accommodations a student’s condition can possible worsen or delay recovery. It is important to limit stimuli and distractions to allow for a quicker recovery.*

Absences reported by student/athlete’s parent will be evaluated by the school nurse, in conjunction with our athletic training staff, on a case-by-case basis. Students and athletes that have been diagnosed with a concussion are requested to be excused from any and all physical activity and/or activities that exacerbate their symptoms, including but not limited to: show choir, choir, band, and PE class.

In situations where the student/athlete has academic accommodations put into place, they will be allowed to see the nurse to rest when their symptoms are provoked by schoolwork. Accommodations may come in the form of physician or athletic trainer recommendation, and will be assumed to be in place from the time of entry into the concussion protocol until given notice by nurse, trainer, or athletic office.

**ACKNOWLEDGEMENT & CONSENT**

*No athlete can return to athletic practice or play until they are released by a certified concussion management physician, parental guardian, and school athletic trainer. By signing below you acknowledge you have thoroughly read through the above policy and agree that your child has fully recovered from their concussion according to the above criteria and can return to their athletic program:*

**NOTE: Signature of this form is not required if parent of a non-athlete. Parents of non-athletes should stay in communication with the nurse’s office throughout diagnosis and treatment, informing the nurse’s office when the child has been cleared by the appropriate healthcare professional. All parents are again encouraged to see local concussion specialists identified on the back of this packet. Please direct any questions or concerns to school nurse’s office or athletic office.**

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***(Parental Guardian) (Primary Phone)***

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***(Contracted Athletic Trainer(s)***

**Note: Parent must also sign IHSA Post Concussion form as required to return to IHSA athletic competition. See next page**