

Signs and Symptoms of a Concussion

Confusion	Tinnitus/Ringing in the Ears	Headache
Amnesia/Memory Loss	Loss of Consciousness	Nausea
Poor Concentration	Unequal Pupil Size	Fatigue
Drowsiness	Eyes Sensitive to Light	Vomiting
Trouble with Memory	Irritability	Depression
Troubles Sleeping	Unusual Eye Movements	
Loss of sense of Taste/Smell	Difficulty w/ Gross/Fine Motor Skills	

WHEN IN DOUBT, SIT IT OUT!

Concussion Management Timeline



Graduated Return to Play Protocol- after clearance note from doctor

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum predicted heart rate No resistance training	Increase heart rate
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills, eg passing drills in football and ice hockey May start progressive resistance training)	Exercise, coordination, and cognitive load
5. Full contact practice	Following medical clearance participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal game play	

If at any time post-concussion symptoms occur during the graduated return, there will be at minimum a 24hr rest period. Once asymptomatic following the rest period the athlete will drop back to the previous asymptomatic level and the progression will resume.

BJHS Concussion Protocol Notes

Concussions are serious brain injuries. Because they are invisible, the temptation is to return to school, academic work and athletics too early, which can substantially prolong recovery. When a student returns to school, the return will be gradual and monitored, with a return to earlier stages if symptoms persist or return.

Rest ..what is it? It is important for students to avoid excessive sensory stimulation that can result, for example, from attending loud events (including athletic events, even on the sidelines or as a spectator) and playing video or computer games or listening to loud music. This is very important at least through the end of stage 3.

Expected Duration of Rest Stage. This is variable. However, it is anticipated that Stage 2 Complete Rest will last 3-5 school days for students diagnosed with their first concussion. This may be extended depending on the symptoms experienced by the student. This stage may last 5-7 school days for students with repeat concussions, again subject to extension based on symptoms.

Categories of Work. Once a student has been diagnosed with a concussion, teachers will begin to separate missed work into categories that the student will begin to catch up on once Stage 5 is reached. The categories are:

- Excused.** Not to be made up.
- Accountable.** Responsible for content, not process. May be notes or work shared by a classmate, or may be covered in a review sheet.
- Essential.** Must be completed by the student and will be graded.
- Tests & Quizzes.** The student will not resume tests and quizzes on current work until Stage 4. The student will not begin making up missed tests/quizzes until Stage 5.