

## **SPORTS INJURY POLICY LANCASTER COUNTRY DAY SCHOOL.**

### **Sports Injury Policy**

All athletic injuries that occur during participation in school-sponsored sports must be reported to the athletic trainer. The athletic trainer must clear the student before he/she resumes athletic participation. If a doctor's care is required/received as a result of injury, the student must also submit a letter of clearance from the treating physician to the athletic trainer before the student resumes athletic participation. The LCDS athletic trainer and the team physician have final authority to clear or to disqualify a student for activity following any injury or illness.

### **Head Injury/Concussion Protocol**

The LCDS Athletic Department utilizes the computer based concussion management program ImPACT to *assist* with the supervision of head injuries sustained during athletic participation. The ImPACT test has been designed specifically for the management of sports-related concussions and measures multiple aspects of cognitive functioning, including working memory, sustained and selective attention time, non-verbal problem solving, and reaction time. ImPACT is currently the most widely utilized computerized program in the world and is implemented effectively across high school, collegiate, and professional levels of sport participation. For more information on the ImPACT test, please visit their website: [www.impacttest.com](http://www.impacttest.com)

All student-athletes in grades 7, 9 and 11 and all NEW students, in grades 8, 10 and 12, participating in a contact sport will take the ImPACT test prior to the beginning of the season in order to provide a baseline test. If a head injury is sustained during participation, the student will again be tested on the ImPACT system and results compared with the baseline test. If a student shows any signs or symptoms of a concussion, the student will be excluded from athletic participation until the following requirements are met:

1. The student has no concussion symptoms
2. The student completes an ImPACT test comparable to their baseline test
3. The student is cleared by the LCDS athletic trainer and team physician.

The LCDS athletic trainer and the team physician have final authority to clear or to disqualify a student for activity following any injury or illness.

Students in non-contact sports will not take a baseline ImPACT test. Therefore, non-contact sport athlete who sustains a concussion will be excluded from participation until the following requirements are met:

1. The student has no concussion symptoms
2. The student is cleared by the LCDS athletic trainer and team physician

The LCDS athletic trainer and the team physician have final authority to clear or to disqualify a student for activity following any injury or illness.

When the previous requirements are met, the student will initiate a 5-day return-to-play plan. This protocol has been developed using guidelines from the 2001 Vienna and 2004 Prague International Conferences on Concussion in Sport.

- Day 1: The student may participate in light aerobic exercise such as jogging or stationary cycling.
- Day 2: The student may participate in more intense aerobic activity such as running sprints.
- Day 3: The student may participate in practice with any non-contact training drills.
- Day 4: The student may participate in a full contact practice.
- Day 5: The student may return to full participation in practice and events.

If any symptoms occur after moving to a given level, the athlete should drop back down to the level at which he or she had been asymptomatic.

Please direct any questions to April Fantazzi at (717) 392-2916 x9269.