

Athletic Training Concussion Management

2010 NCAA Executive Committee has adopted the following policy for institutions across all three divisions.

*“Institutions shall have a concussion management **plan on file** such that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion **shall be removed** from practice or competition and **evaluated** by an athletics healthcare provider with experience in the evaluation and management of concussion. Student-athletes diagnose with a concussion **shall not return** to activity for the remainder of that day. Medical clearance shall be determined by the team physician or their designee according to the concussion management plan. In addition, student-athletes must sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions.”*

Signs and Symptoms of a Concussion

headache	pressure in head	nausea/vomiting	ringing in ears
dizziness	blurred vision	balance problems	sensitivity to light
sensitivity to noise	difficulty remembering	feeling like in a fog	don't feel right
difficulty concentrating	moves clumsily	fatigue/low energy	confusion
drowsiness	trouble falling asleep	more emotional	irritability
sadness	nervous	anxious	

It is also noteworthy that **concussion** is sometimes used interchangeably with **mild traumatic brain injury** and at other times is considered one of several possible manifestations of **traumatic brain injury**.

If at any time I have an athlete report ANY of the signs or symptoms of a concussion listed above, I understand that it is my responsibility to report them to the Athletic Training Staff and will follow the NCAA and CMS Sports Medicine's concussion policy regarding removal from play and return to play criteria.

I have received education on the seriousness of concussions, including the CMS Sports Medicine Concussion protocol.

I understand the risks associated with not reporting the signs and symptoms of a concussion to the Athletic Training Staff. I also understand that these guidelines and precautions are in place for the best CMS student-athlete's health and the well-being.

Coach's Signature

Date

Coach's Print Name

Sport