# REDUCE RISK

**Establish a Concussion Management Team (CMT)** *at each school.*

01

\*Identify a CMT lead.

## Pre-Season Assessments include:

\*Pre-participation physicals

\*Concussion baseline testing

## Pre-Season Education Guidelines:

\*Targeted to student-athletes, parents, coaches, teachers, and additional school staff as indicated.

## [Annual education template](https://docs.google.com/presentation/d/1gjZD6WrOG6sNN-PSCoYaYEBmhdFloi_a/edit?usp=sharing&ouid=112941982087441675369&rtpof=true&sd=true)s

\*Posted on LCPS AT website and each schools athletics webpage: <https://www.lcps.org/o/lcps/page/athletic-training-program>

# RECOGNIZE AND RESPOND

**Acute Evaluation Includes:** (Sideline Assessment)

02

\*MOI recorded.

\**Age-appropriate, adapted* [**SCAT6 symptom checklist administered.**](https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf)

**\***The athlete is immediately removed from play.

## Acute Documentation Guidelines:

\*Must be documented in Healthy Roster.

## Acute Notifications

\*Notify the coach and parent immediately and, when possible, in person, and document this notification.

\*Email the opposing AT the MOI and symptom checklist.

\*Alert the CMT via email.

**Acute Education**

[**\*LCPS Head/Brain Injury Home Education Document**](https://docs.google.com/document/d/1NIxNc0BN_qi0VWUYC2ARdKb2zJfbllbT/edit)

[**\***](https://docs.google.com/document/d/1NIxNc0BN_qi0VWUYC2ARdKb2zJfbllbT/edit)[**LCPS Staff Educatio**](https://docs.google.com/document/d/1_YLAjUP1d5G4CuOcFOLn7WXVtyTIIWBl/edit)[**n Document**](https://docs.google.com/document/d/1NIxNc0BN_qi0VWUYC2ARdKb2zJfbllbT/edit)

*All supporting documents will be posted on the LCPS Athletic Training Page. Each school's concussion data will be collected after the Fall, Winter, and Spring seasons, and will be compiled and reviewed at the end of the school year.*

# RECOVER AND RETURN

## Follow-up Clinical Assessment Includes:

03

\*Post ImPACT (administered after the injury when appropriate)

\*Symptom checklist administered

\*Administer additional clinical assessments, such as VOMS, Tandem Stance, or BESS, when indicated and at the discretion of the AT.

## Follow-up Documentation

\*Document every encounter and include:

\*Symptom checklist as needed

\*The current return to sport/play stage

\*Additional clinical assessments, such as VOMS or BESS, when indicated and at the discretion of the AT.

\*Any referrals made to a community healthcare professional

or specialist or for an internal academic support system.

## Follow-up Notifications

## \*Update the parent/guardian as needed and, on a case-by-case basis.

\*Update the coach each school day regarding the student-athlete's progress toward return to sport/play.

\*Communicate updates to the CMT regularly.

\*Encourage two-way communication with the appropriate school staff (teachers, school nurses, PE/Band, etc.) regarding the student-athletes progress in returning to full school and sports participation.

***Please contact Zahra Ismaeli for more information.*** [***zahra.ismaeli@lcps.org***](mailto:zahra.ismaeli@lcps.org)

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