Concussion Management Plan

Pre-participation Concussion Education for sport club members, high risk recreation club members, coaches, and instructors

All sport club members, recreation club members, coaches, and instructors for each sport club and high-risk recreation club must undergo training on concussion signs and symptoms and identification. Completion of this education is required through an application process in order to become an approved sport club member/coach or high-risk recreation club member/instructor.

CSU Online Concussion Management Training

Proof of completion of CSU concussion management online training through Canvas must be submitted to the Sport Clubs Office through the online member application for students. Sport club coaches and high-risk recreation club instructors will also need to submit proof of completion. This effort will be coordinated by the Sacramento State Club Sports Program.

Click to access the CSU - Concussion Management Education - Student Edition Training (https://csus.instructure.com/courses/70980/assignments/1198149?module_item_id=3351946)

Concussion Management Policy Review

All sport club members, recreation club members, coaches, and instructors for each sport club and high-risk recreation club are required to read, understand, and acknowledge the Sport Clubs Concussion Management Policy. This policy is incorporated into the member application and coach/instructor application.

Concussion Statement of Responsibility

All sport club members, recreation club members, coaches, and instructors for each sport club and high-risk recreation club will be required to review key concussion facts and acknowledge their understanding and agreement before completing their application. By signing this agreement, club members, coaches, and instructors acknowledge review of the concussion facts and accept responsibility for carrying out concussion protocol which requires removing the involved athlete from play, completing an injury report and immediate reporting of any signs and symptoms of a concussion to Student Health & Counseling Services (SHCS), coach/instructor, club president, safety officer, and the Sport Clubs Office.
• A concussion is a brain injury, which I am responsible for reporting to the Sport Clubs Advisor, SHCS Certified Athletic Trainer, club safety officer, and my coach if I suspect that I may have sustained a concussion.
• A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.
• You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
• If I suspect a teammate has a concussion, I am responsible for reporting the injury to my coach, club safety officer, club president, Sport Clubs Advisor, and SHCS Certified Athletic Trainer.
• I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.
• I will follow the Return to Play protocol set forth by the Sports Club Program, under the direction of the SHCS Athletic Trainer or a SHCS Medical Provider.
• Following a concussion, the brain needs time to heal. You are more likely to prolong the concussion signs and symptoms as well as put yourself at risk for second impact syndrome if you return to play too soon after a concussion is sustained.
• In rare cases, repeat concussions can cause permanent brain damage, and even death.
• By entering my full name below, I am agreeing to the above Sacramento State Sport Clubs Program Student Athlete Concussion Statement of Responsibility.

In-Person Concussion Management Training

All sport club head coaches, sport club presidents, sport club safety officers, high risk recreation club presidents, high risk recreation club safety officers, and high-risk recreation club head instructors are required to attend a safety training workshop with the SHCS Athletic Trainer and Sport Clubs Staff. The Concussion Management Policy, Return to Play Protocol, and signs and symptoms of concussions are reviewed at this training.

Baseline Concussion Testing

All sport club athletes are required to complete baseline concussion testing through Sway Medical in order to become an approved sport club member. An athlete’s membership application will not be approved until they have a baseline on file with Student Health & Counseling Services. Athletes are permitted to participate in non-contact tryouts and non-contact practices during the pre-determined “tryout period” prior to attending a baseline testing session, but they will not be cleared for membership, travel, competitions, etc. until they have attended a baseline testing session and their test results are on file.

Additionally, all sport clubs will have a minimum of three safety coaches who will take an online safety coach training through Sway Medical. The role of the safety coach will involve facilitating post injury tests with a cell phone at competition sites/practice sites when the Certified Athletic Trainer from Student Health & Counseling Services is not present. Results from these tests will then be sent directly to the Certified Athletic Trainer with Student Health & Counseling Services for further assessment and review. Each club’s president and two safety officers will assume the role of safety coach.
**Injury Identification**

1. If an athlete shows symptoms of a concussion during a practice, competition, or any other club or non-club related event/activity, the coach/instructor, president, and safety officer will notify the Sport Clubs Office and the SHCS Athletic Trainer as soon as possible and within 12 hours via email.

2. If an athlete shows symptoms of a concussion during a club practice, club competition, or club event/activity, the safety officer or president will complete and turn in an injury report detailing the injury and immediate management to the Sport Clubs Office within 24 hours. If the injury occurs on a Saturday, the injury report is due the following Monday.

3. If an athlete shows symptoms of a concussion at a SHCS Athletic Trainer covered practice or competition, the SHCS Athletic Trainer will notify the Sport Clubs Office as soon as possible.

Upon notification, the SHCS Athletic Trainer will notify the coach/instructor, club president and safety officer(s) that the individual involved will not be cleared for further activity until evaluated and cleared by a SHCS medical provider.

**Care Action Plan**

After a suspected concussion occurs, the athlete will seek medical care through a Student Health and Counseling Services (SHCS) medical provider at Sacramento State to verify the athlete has sustained a concussion. Once the diagnosis is made, the athlete will follow up with the SHCS Athletic Trainer in collaboration with the medical provider at SHCS until cleared for return to learn and return to play. The athlete will be managed by the Athletic Trainer and/or the medical provider at SHCS through the return to learn/return to play protocol until cleared for full return to all activities.

The athlete will NOT be allowed to return to play until they receive documentation of clearance from a medical provider at SHCS and submit the documentation of clearance to the SHCS Athletic Trainer. Verification that the student can resume sports activity will be included in an email to the coach, president and safety officer. This email is to ensure there is a closed loop communication from the initial incident to the clearance for full RTP.