



Concussion Management Plan

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

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

CSU Online Concussion Management Training

The CSU Concussion Education Student Edition online training through Canvas must be completed by sport club and high-risk rec club members annually. Sport club coaches and high-risk recreation club instructors will also need to submit proof of completion for the CSU Online Concussion Management Coach Edition Training. This effort will be coordinated by the Sacramento State Club Sports Program.

Concussion Management Policy Review

All sport club members, high-risk recreation club members, coaches, and instructors 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, high-risk recreation club members, coaches, and instructors will be required to review key concussion facts and acknowledge their understanding and agreement before completing their application. By signing this agreement, 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 possible concussion to Student Health, Counseling, and Wellness Services (SHCWS) Athletic Trainer (ATC), and the Sport Clubs Reporting Team (SCRT)¹ or Combat U Reporting Team (CRT)².

¹ Sport Clubs Reporting Team (SCRT): Sport Clubs Professional Staff

² Combat U Reporting Team (CRT): Combat U Director of Operations

- A concussion is a brain injury, which I am responsible for reporting to the Sport Clubs Reporting Team (SCRT)³ or Combat U Reporting Team (CRT)⁴, SHCWS Certified Athletic Trainer (ATC), club safety officer(s), 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(s), club president, SCRT or CRT and SHCWS ATC.
- I will not return to participating 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 Graduated Return to Play Protocol set forth by the Sport Club Program, under the direction of the SHCWS ATC and a SHCWS 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 agree to the above Sacramento State Sport Clubs 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 SHCWS ATC and SCRT or CRT. The Concussion Management Policy, Graduated Return to Play Protocol, and signs and symptoms of concussions are reviewed at this training.

Baseline Concussion Testing

All sport club athletes must complete baseline concussion testing through Sway Medical to become an approved member. An athlete's membership application will not be approved until they have a baseline on file with SHCWS. 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.

All sport clubs will have at least three safety coaches who will take 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, & Wellness Services is not present. Results from these tests will then be sent directly to the

³ Sport Clubs Reporting Team (SCRT): Sport Clubs Professional Staff

⁴ Combat U Reporting Team (CRT): Combat U Director of Operations

SHCWS ATC for further management and review. Each club's president and two safety officers will assume the role of safety coach.

Injury Management

- If an athlete shows symptoms of a concussion during a practice, competition, or any other club or non-club related event, they should be removed and unable to participate in any sport club activity until further notice by a medical professional.
- The coach/instructor, president, and safety officer will notify the SCRT or CRT and the SHCWS ATC as soon as possible and no later than 12 hours after the incident via email.
- If the suspected head injury occurred at a practice, competition, or club related activity, they are also required to complete an online injury report detailing the suspected injury.
- If an athlete shows symptoms of a concussion at a SHCWS ATC covered practice or competition, the ATC will complete an online injury report, SWAY medical sideline test, and notify the SCRT or CRT as soon as possible. Upon notification, the SHCWS ATC will notify the coach/instructor, club president and safety officer(s) that the athlete will not be cleared for further sports activity until evaluated and cleared by a SHCWS medical provider.

Care Action Plan

After a suspected concussion occurs, the athlete will need to follow up with the SHCWS medical provider and ATC for assessment. If the athlete had sustained a concussion the SHCWS ATC and Medical provider will coordinate care to ensure the athlete completes the GRPP and can safely resume all activity.

The athlete will NOT return to play until they receive clearance from a SHCWS medical provider. Verification that the student can resume sports activity will be included in an email from the SHCWS ATC to the coach/instructor, president, safety officer and Sport Clubs Reporting Team (SCRT)⁵ or Combat U Reporting Team (CRT)⁶. This email is to ensure there is a closed loop communication from the initial incident to the clearance for full, unrestricted RTP.

⁵ Sport Clubs Reporting Team (SCRT): Sport Clubs Professional Staff

⁶ Combat U Reporting Team (CRT): Combat U Director of Operations