



## **CONCUSSION MANAGEMENT AT MCC**

*ImpACT provides **computerized neurocognitive assessment tools and services that are used by medical doctors, psychologists, athletic trainers, and other licensed healthcare professionals** to assist them in determining an athlete's ability to return to play after suffering a concussion.*

### **CONCUSSION MANAGEMENT PROTOCOL FOR MCC SPORTS:**

All student athletes are given a base-line concussion test before playing a sport at MCC. Student Base-line and Post-Injury tests are kept in the system and accessed by medical providers during concussion treatment. Base-line testing is repeated every two years (Grades 7, 9 & 11) to keep records up to date. Students are given a concussion fact sheet to read and show parents.

If a student receives a possible concussion during practice or a game, the student must report immediately to the coach for a side-line/court-side assessment. If student passes the ACE (Acute Concussion Evaluation) test, the student will sit for 15 minutes to rest and then return to play if remained symptom free.

If the student **does not** pass the assessment and a concussion is suspected, the student sits the remainder of the game and is referred to Amy Woldt to begin the below Concussion Management Protocol.

1. ImpACT Post-Injury Test is given 24-72 Hours after Injury
2. If student does not pass the ImpACT Test and are significantly symptomatic, will be seen by a medical provider.
3. Student continues to take test every week to two weeks until test is within normal range of Base-line test. Student remains out of physical activity and is to get as much rest as possible until test is within normal range and student is asymptomatic. When a concussion is suspected, students are always encouraged to seek the advice of their medical provider regardless of the ImpACT results.
4. Once student test is within normal range and student is symptom free – will begin **Return to Play Phases:**
  - A. Light exercises (walking, stationary bike) with no symptoms
  - B. Sport specific activity without body contact and no symptoms
  - C. Practice without body contact and no symptoms  
\*\* Students are evaluated by medical provider for clearance.
  - D. Practice with body contact **after medical clearance**
  - E. Return to Game Play \*\* Provided student is caught up in the classroom and has no further academic adjustments being made.

***ImpACT Testing is designed to keep athletes safe and aid in determining when a player should return to play ... it is not a replacement for medical care.***