

**EARLHAM COLLEGE WELLNESS PROGRAMS CONCUSSION POLICY  
2019-2020**

A concussion is a brain injury that may be caused by a bump, blow, or hit to the head or a blow to another part of the body where the force is transmitted to the head. All concussions and brain injuries are potentially serious and often occur without loss of consciousness. Symptoms include (but are not limited to) transient confusion, disorientation, impaired consciousness, dysfunction of memory, loss of consciousness, seizures, irritability, lethargy, vomiting, headache, dizziness, or fatigue.

A participant suspected, by a Earlham Wellness Programs staff member or Club Convener, of sustaining a concussion or head injury while participating in a Earlham Wellness Programs activity will be removed immediately from participation. This includes any club sport practice or game, Rec Sports competition, physical education and/or outdoor education programming. The individual who has been removed from participation may not return until a licensed health care provider has evaluated him/her. Written clearance on a doctor's prescription pad/letterhead, from the health care provider, is required to be turned into the Assistant Director of Wellness Programs before any activity can be resumed at Earlham.

**WELLNESS PROGRAMS STAFF AND CLUB SPORT CONVENER TRAINING POLICY**

It is Earlham Wellness Programs Department policy that all department student, part-time and full-time staff go through a concussion training program. Earlham Wellness Programs adult and student staff will NOT be expected to diagnose or treat a concussion. Staff are expected to remove any individual with a suspected head injury from the field of play and to enforce department policy prohibiting them from participating in any sports activity until the individual is evaluated by a qualified healthcare provider, and provides the Assistant Director of Wellness Programs with a written statement from the qualified health care provider.

All staff and Club Sport Conveners will be trained by the SafeColleges Concussion Awareness course. The training module will be sent to all students/staff who must complete at the start of the academic year.

**RETURN TO PLAY PROTOCOL**

Resource: <http://www.sportsconcussion.com/what-is-the-return-to-play-protocol>

REHABILITATION STAGE	FUNCTIONAL EXERCISE AT EACH STAGE OF REHABILITATION	OBJECTIVE OF EACH STAGE
STAGE 1: NO ACTIVITY	Symptom limited physical and cognitive rest.	Recovery
STAGE 2: LIGHT AEROBIC EXERCISE	Walking, swimming or stationary cycling keeping exercise intensity. <70% maximum permitted heart rate. No resistance training.	Increase HR
STAGE 3: SPORT-SPECIFIC EXERCISE	Skating drills in ice hockey, running drills in soccer. No head impact activities.	Add movement
STAGE 4: NON-CONTACT TRAINING DRILLS	Progression to more complex training drills (eg: passing drills in football and ice hockey). May start progressive resistance training.	Exercise, coordination and cognitive load
STAGE 5: FULL-CONTACT PRACTICE	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
STAGE 6: RETURN TO PLAY	Normal game play.	

The student should continue to proceed to the next level if asymptomatic at the current level. Generally, each step should take 24 hours so that an athlete would take approximately 1 week to complete the protocol when symptoms do not re-occur. If any symptoms re-occur during the protocol, the student returns to the previous step after an additional 24 hours of rest and progresses accordingly.