

Catholic Youth Organization Concussion Management Protocol

Through the collective collaboration of the Catholic Youth Organization of Johnson & Wyandotte Counties (CYO) and the Parochial League of Kansas City (PLKC), the following best practice techniques will be implemented to manage diagnosed concussions.

- If an athlete is suspected to have concussion-like symptoms, he/she should be removed from competition/practice immediately and not allowed to return to physical activity within 24 hours. Athletic trainers, coaches, parents, or even teammates can remove an athlete from play if they observe concussion like symptoms.
- The athlete should be seen within 24-48 hours, from the initial injury, by a “concussion specialist” or medical care provider educated in concussion recognition and management.
- Once the “concussion specialist” clears the injured athlete to begin his/her Return to Play under supervision of a medical care provider. CYO and PLKC Athletic Trainers will help facilitate scheduling dates/times to complete Return to Play steps as follows:

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
No activity	Physical and cognitive rest	Recovery
Light aerobic exercise	Walking, swimming, or stationary cycling keeping intensity, 70% maximum predicted heart rate. No resistance training	Increase heart rate
Sport-specific exercise	Running drills in soccer, cutting drills in football. No head impact activities	Add movement
Non-contact training drills	Progression to more complex training drills, eg passing drills in football. May start progressive resistance training	Exercise, condition, and cognitive load
Full contact practice	*Following medical clearance participate in normal training activities	Restore confidence and assess functional skills by coaching staff
Return to play	Normal game play	

- There should be at least 24 hours (or longer) for each stage and if symptoms recur after any step of the Return to Play the athlete should immediately be removed from all physical activity and return to “concussion specialist” to be re-evaluated.
- Once the “concussion specialist” clears the injured athlete to resume his/her Return to Play under supervision of a medical care provider, the athlete will resume the program at the previous asymptomatic stage.
- If the athlete is symptomatic for more than 10 days, then consultation by a “concussion specialist” or medical practitioner, who is expert in the management of concussion, is recommended.

Please keep in mind that the average time missed from sustaining a concussion is 3-6 weeks. Every concussion presents itself differently and thus needs to be treated cautiously and conservatively.

CYO Concussion Management Process

Mandatories:

- **All CYO sports participants must follow protocol.**
- **Parents/guardians must sign acknowledgement of understanding.**
- **CYO Medical Advisor Dr. Joseph Waeckerle supervises program.**

Process if a Concussion is suspected in Practice:

- CYO/PLKC Coach identifies suspected concussion in student athlete and removes from play.
- Coach notifies CYO Office or CYO Athletic Trainers Injury Hotline. Coach provides description of injury, plus student name and parent contact info.
- Athletic Trainer Liaison or Athletic Trainer contacts parent/guardian of injured athlete, arranges Return-to-Play protocol. ATC advises parent/guardian to see concussion specialist in 24-48 hours.
- Athletic Trainer Liaison or Athletic Trainer arranges Return-to-Play (RTP) schedule and activities at appropriate facility.

- Athletic Trainer supervises and performs RTP for each injured athlete at the above locations and coordinates care with physician. Parents and coaches are notified of progress, and student cannot return to any CYO sports practice or game until released by CYO-approved concussion specialist, and after having completed the Return-to-Play protocol as outlined above.
- Athletic Trainer provides appropriate release forms to CYO, and maintains HIPAA compliant medical records for student athlete. Athletic Trainer or Healthcare Provider performs ImPACT post- injury test if ordered by physician.

Process if a Concussion is suspected in Game:

- Athletic Trainer or CYO/PLKC Coach identifies suspected concussion in student athlete and removes from play.
- If injury occurs at a game when Athletic Trainer is not present, Coach notifies CYO Office or Athletic Trainer Liaison of head injury immediately following game by calling published Injury. Coach provides description of injury, plus student name and parent contact info.
- Athletic Trainer Liaison or Athletic Trainer contacts parent/guardian of injured athlete, arranges Return-to-Play protocol. Athletic Trainer advises parent/guardian to see concussion specialist in 24-48 hours.
- Athletic Trainer arranges Return-to-Play (RTP) schedule and activities at appropriate area location.
- Athletic Trainer supervises and performs RTP for each injured athlete at the above locations and coordinates care with physician. Parents and coaches are notified of progress, and student cannot return to any CYO sports practice or game until released by CYO-approved concussion specialist, and after having completed the Return-to-Play protocol.

- Athletic Trainer provides appropriate release forms to CYO, and maintains HIPAA compliant medical records for student athlete. Athletic Trainer or Healthcare Provider performs ImPACT post- injury test if ordered by physician.