



New England Diamond Gems  
184 Rockingham Road  
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## CONCUSSION MANAGEMENT POLICY

A concussion is a brain injury that is caused by a blow to the head or body that may result in improper brain functioning. A concussion can range from mild to very severe and manifests itself differently in each individual.

Concussions are recognized as being a potentially very serious condition that if managed improperly, can lead to catastrophic consequences. At the New England Diamond Gems, we take great pride in providing optimal health care to all student-athletes. The following policy has been adopted by the New England Diamond Gems in an effort to provide a consistent management approach to any student athlete that suffers a concussion, while also recognizing that each concussion, as well as each athlete, is unique and individualized in nature. By managing concussions individually, and considering the athlete's medical history, it allows the physicians and parents to ensure the safety for each student athlete.

The New England Diamond Gems recognizes that concussions may occur outside of participating in a sport. Therefore the acute management of the student-athlete with such a concussion may occur outside the scope of this document. However, return to play decisions for the student athlete that may have suffered a concussion outside of sport participation will be guided by this policy. This policy includes, but is not limited to the management principles mandated by the Center for Disease Control (CDC).

### EDUCATION

Prior to each season, student-athletes will be educated on how to recognize signs and symptoms of concussion, the New England Diamond Gems Concussion Management Policy, as well as current trends in concussion management.

At the conclusion of the educational session, student-athletes or parent/legal Guardian will sign a statement acknowledging the receipt of the education, as well as their role in reporting any student-athlete exhibiting signs and symptoms of a concussion to the appropriate member of the New England Diamond Gem's Staff.

### SIGNS AND SYMPTOMS OF A CONCUSSION

Signs and symptoms of a concussion may include, but are not limited to the following:

- Headache
- Dizziness
- Nausea/Vomiting
- Tinnitus (ringing in ears)
- Disorientation
- Balance problems
- Difficulty concentrating
- Personality changes



- Vision changes
- Amnesia
- Sensitivity to light and/or noise
- Loss of consciousness

Exercise or activities that require a lot of concentration may cause symptoms to re-appear or worsen, thus increasing the time one needs to recover from a concussion.

## **REPORTING A CONCUSSION**

Anyone that suspects a student athlete has a concussion, or notices any athlete suffering from any symptoms of a concussion, must report the concerns to the appropriate member of the New England Diamond Gems Staff or Coach

## **ACUTE MANAGEMENT OF A CONCUSSION**

Any athlete that suffers from symptoms of a concussion shall be removed from participation for evaluation by certified medical personnel. Following evaluation from the certified medical personnel, decisions will be made whether the athlete should be transported to the local hospital for emergency care and/or further diagnostic testing. Any athlete that is diagnosed with a concussion by a Physician shall not return to participation for the remainder of that day. This is to ensure that the athlete does not negatively influence the nature of the injury by further exerting themselves.

## **POST-ACUTE CONCUSSION MANAGEMENT**

Follow-up Physician care and ImPACT® testing shall be performed before an athlete is allowed to play again.

Testing will be performed on a schedule as determined by a physician based on the scores of the student-athlete and their symptoms. A "symptom score" shall be taken each day up to, and including the day the student-athlete is completely asymptomatic. Once a student-athlete has been asymptomatic for at least 24 hours and the neuro-psychological test scores have returned to the baseline scores, a gradual return-to-play protocol shall be implemented, unless directed otherwise by a Physician.

- Step 1. Light Aerobic Exercise
- Step 2. Resistance Training
- Step 3. Sport Specific Training
- Step 4. Non-Contact Practice Participation
- Step 5. Full-Contact Practice Participation
- Step 6. Return to Full-Participation

With the aforementioned progression, an athlete should be allowed to progress, as long as symptoms do not arise at the current level. If symptoms do arise during the progression, the student-athlete will return to the previous asymptomatic level.



## **FACTORS IN CONCUSSION MANAGEMENT**

The New England Diamond Gems recognizes that there are several factors that influence the concussion management policy. These factors include, but are not limited to:

- Medical History
- Symptoms
- Age
- Medication
- Sport

If it is determined that the athlete should follow an adapted concussion management protocol, it is in an effort to ensure the safety of the student-athlete during their recovery from a concussion. At any point throughout the recovery of the student athlete, a neurologist, or other specialist specifically trained in concussion management may be consulted as determined by the Physician.

The entire management process from initial evaluation, until eventual return to full participation, including any diagnostic testing, shall be documented in the student athletes medical file.

