

Protocol for Head Injury or Suspected Head Injury for Bishop Manogue Athletes

During a practice, game or any athletic event at BMCHS and an athlete suffers a head injury or is under suspicion of a head injury, please follow these guidelines in order to report the incident and help facilitate the appropriate steps to treat this injury.

1. Following an event that causes a head injury (even seemingly mild) please immediately remove the athlete from all physical activity
 - a. Monitor their status by staying nearby, an adult should be present
2. Take the time to efficiently report the injury to Sarah Hadicke, BMCHS Head Athletic Trainer.
 - a. You can do so in person or via her personal cell: 303.304.6047
 - b. It is essential to share this information with the athletic trainer right away because following a head injury there must be an assessment done by the proper healthcare professionals and parents must be updated about the injury ASAP.
 - c. Even with the suspicion of an injury, symptoms can develop, change and become exacerbated with physical or cognitive effort. If a concussion has occurred it is necessary for parents, counselors, teachers and coaches to be notified prior to the following practice, game or school day. It is the athletic trainer's job to do so in the time shortly following the diagnosis of a concussion. Please help facilitate this process by reporting immediately.

Return to Sport Following a Head Injury:

If the diagnosis of a concussion has been confirmed, there are several steps that the athlete MUST take before he/she can return to any athletic games, practices or events at BMCHS.

This process includes:

1. Waiting for the athlete to be 100% symptom-free
2. A return of baseline scores for the computer-based ImPact test
3. A full doctor's clearance AND the doctor's note given directly to the athletic trainer
 - a. If the note is given to a coach please direct that note to the athletic trainer for proper documentation
4. 5 days of progressive exercise mandated by the Center for Disease Control
 - a. On Day 5 the athlete may be cleared for full participation back into all athletics and gym/weight lifting activities at BMCHS.

This process is guided by the athletic trainer due to the complicated nature of the injury and recovery of concussions in adolescent athletes. The proper and legal steps must be taken before full clearance is achieved. You will be updated many times throughout the process by the athletic trainer and please feel free to reach out with any questions, concerns, etc.

Coaches' Pocket List of Action:

1. All head injuries, no matter how minor, result in athlete being removed from competition
2. Athletic Trainer is notified immediately (Sarah cell – 303-304-6047)
3. Athlete may not return until cleared (no matter if they report feeling fine)
4. Coaches DO NOT make the determination of an athlete's return to play; the protocol is in place