

CONCUSSION MANAGEMENT DIRECTIONS FOR QUAKER VALLEY ATHLETES



IN-SEASON QV Athlete on a School District Roster - Injured participating in that sport

1. Inform the athletic trainer or school nurse of the injury and schedule a physical concussion evaluation with them.
2. Inform the athlete's coach of the injury.
3. Once seen by the trainer or nurse, if further medical evaluation is recommended, schedule with a concussion clinic or your PCP.
4. Costs of visits to concussion clinics or private physicians are the responsibility of the athlete's family. Post injury ImPACT testing will only be done at school with a written request from the treating specialist
5. Following the medical evaluation the school nurse, who manages cognitive recovery during the school day, will need paperwork with any academic accommodations for teachers and the trainer will need paperwork with any exertion orders.
6. Any changes to academic accommodations or exertion schedule **must be in writing** from the treating specialist. It is the responsibility of the parent/guardian to stay in touch with the treating specialist to ensure all criteria for return to play are being met.
7. If the high school athlete is ordered an exertion plan with the trainer, the student must schedule dates and times with the trainer. The athletic trainer will make every effort to schedule exertion on a daily basis however, the trainer does not work Sundays and job related conflicts might prohibit the athletic trainer from being at the school on certain days.
8. Once exertion is completed the parent/guardian is responsible for contacting their treating specialist to schedule a clearance appointment.
9. Quaker Valley requires all athletes to have a PIAA Section 8 signed by the treating specialist turned in to the nurse or trainer in order to return to play. Without this signed form the athlete is not cleared to participate in sport. (Form attached)

OUT OF-SEASON QV Athlete Injured not participating in a QV sport

1. Inform the athletic trainer or school nurse of the injury and schedule a physical concussion evaluation with them.
2. Once seen by the trainer or nurse, if further medical evaluation is recommended, schedule with a concussion clinic or your PCP.
3. Costs of visits to concussion clinics or private physicians are the responsibility of the athlete's family. **Post injury ImPACT testing will NOT be done in school.** Any neurocognitive testing that is required needs to be done by the treating specialist.
4. Following the medical evaluation the school nurse, who manages cognitive recovery during the school day, will need paperwork with any academic accommodations for teachers and the trainer will need paperwork with any exertion orders.
5. Please keep the school nurse and athletic trainer informed of follow up appointments.
6. Any changes to academic accommodations or exertion schedule **must be in writing** from the treating specialist. It is the responsibility of the parent/guardian to stay in touch with the treating specialist to ensure all criteria for return to play are being met.
7. If the high school athlete is ordered an exertion plan with the trainer, the student must schedule dates and times with the trainer. The athletic trainer will make every effort to schedule exertion on a daily basis however, the trainer does not work Sundays and job related conflicts might prohibit the athletic trainer from being at the school on certain days.
8. Once exertion is completed the parent/guardian is responsible for contacting their treating specialist to schedule a clearance appointment.
9. Quaker Valley requires all athletes to have a PIAA Section 8 signed by the treating specialist turned in to the nurse or trainer in order to return to play. Without this signed form the athlete is not cleared to participate in sport. (Form attached)

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CONCUSSION SIGNS AND SYMPTOMS

1. Headache (especially one that increases in intensity*)
2. Nausea and vomiting*
3. Difference in pupil size from right to left eye, dilated pupils*
4. Mental confusion/behavior changes
5. Dizziness, Fogginess
6. Memory loss
7. Ringing in the ears
8. Changes in gait or balance
9. Blurry or double vision*
10. Slurred speech*
11. Noticeable changes in the level of consciousness (difficulty awakening, or losing consciousness suddenly)*
12. Seizure activity*
13. Decreased or irregular pulse OR respiration*

*** Seek medical attention at the nearest emergency department.**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any question or concern at all about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department. In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury.

QUAKER VALLEY CONTACTS

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CONCUSSION CLINIC CONTACTS

UPMC Concussion Clinic
3200 South Water St.
Pittsburgh, PA 15203
412-432-3681

Allegheny Orthopedic
Associates Concussion Clinic
1307 Federal St.
Pittsburgh, PA 15212
412-359-3895

ASP Orthopedic and Sports
Medicine
Heritage Valley Sports Care
1030 Beaner Hollow Rd.
Beaver, PA 15009
724-770-0416

Post injury neurocognitive
ImPACT testing will only be
done at school with a written
request by the treating
specialist for an **In-Season
athlete.**

All other neurocognitive
ImPACT testing needs to be
done by the treating
specialist.

School Personnel Do Not
Interpret ImPACT Testing
Data