

Ingram Independent School District/ Concussion Management Protocol

Parent Information-Concussion Sheet

What is a concussion? A concussion is a brain injury. Concussions are caused by a bump or blow to the head. You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. A concussion that occurs during sports is called an SRC (Sports Related Concussion)

Signs & Symptoms

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness
Shows behavior or personality changes
Cannot recall events before hit or fall
Cannot recall events after hit or fall

Symptoms Reported by Athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Does not “feel right”

Your son/daughter has demonstrated and/or reported the signs or symptoms consistent with a concussion. The following plan has been implemented, as per UIL requirements, as well as, compliance with Chapter 38, Subchapter D of the Texas Education code, for concussion management in student-athletes participating in activities under the jurisdiction of the UIL.

1. The student/ athlete shall be immediately removed from the game or practice (to include any weight training or conditioning sessions.)
2. The parent or guardian of the student/athlete will be notified and provided information about the possible concussion
3. Student/athlete must be evaluated by a **licensed physician** for confirmation of concussion.
4. If a diagnosis of a concussion is made, the student/athlete **shall not** be allowed to return-to-play participation that day regardless of how quickly the signs and symptoms of the concussion resolve and shall be kept from activity until the following requirements have been met:
 - Must have cognitive and physical rest. Cognitive rest may include staying home from school or limiting school hours (and studying) for several days depending on the severity of the concussion. Activities requiring concentration and attention may worsen symptoms and delay recovery. Physical rest will include no physical exertion until the student/athlete is 24 hours symptom-free of a concussion. Cognitive and physical rest will be monitored by the athletic trainers and school nurses.
 - Student must be symptom-free of concussion for 24 hours. When a student is symptom free of concussion for 24 hours, then the student must be re-evaluated and have a signed medical clearance by a physician before they may begin the “**return-to-play**” protocol.
 - A coach of an interscholastic athletics team may not authorize a student/athlete’s return-to-play.
 - **Medication: Give TYLENOL only not Ibuprofen**

Return-to-Learn Progression Protocol

A concussion can affect a student's ability to think, concentrate, and learn. Just like physical activity, academic activity must be reintroduced gradually. The goal of Return-to-Learn is to allow full academic participation without worsening symptoms. Cooperation between the medical staff and teaching staff will be made for the accommodations that are suggested by a **MEDICAL PROFESSIONAL ONLY**, not parents' wishes. All documentation must be turned in regarding suggestions by physicians or medical personnel.

Stage 1: No School / Cognitive Rest

No school, homework, testing, or screen time beyond essential use.

Stage 2: Light Cognitive Activity at Home

Short periods of reading or schoolwork (10–20 min). Stop if symptoms worsen.

Stage 3: Partial School Attendance

Shortened day, rest breaks, reduced workload, no tests or quizzes.

Stage 4: Full Day with Accommodations

Full attendance with academic support as needed.

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Stage 5: Full Academic Return

Normal workload with no symptoms or accommodations.

Possible Accommodations (if needed):

Extra time on work/tests

Reduced workload

No testing initially

Rest breaks

Quiet testing area

Limited screen use

Printed notes

Return-to-Play Progression Protocol

If your child is a student athlete of Ingram ISD, there will be a supervised progression of activities, based on standardized protocol, following compliance with the above information. Progression will be initiated by the ITM Certified Athletic Trainer/School Nurse once clearance from a physician is received by the school. All steps of the progression will be documented.

- Student/athlete shall be symptom free for 24 hours before initiating the return to play progression.
- If the student/athlete experiences any post-concussion symptoms during the return-to-play progression, activity is discontinued and the student must be cognitive and physical symptom-free for 24 hours before protocol is begun again.

Day 1: Low levels of physical activity on an exercise bike or light jog; light weight lifting/resistance training (low weight-moderate reps, no bench, no squats) 10 minutes.

Day 2: Moderate levels of physical activity with body/head movement with a helmet or other equipment. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weightlifting (reduced time and intensity from typical routine). 15 minutes.

Day 3: Non-contact training drills in full uniform. High intensity stationary cycling; regular weight lifting, resistance training, or other exercises.

Day 4: Full contact practice or training.

Day 5: Full return to play

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Frequently Asked Questions:

Q: Does my child need to see a doctor if they have a suspected concussion?

A: Yes, state law (HB 2038 – Natasha’s Law) requires that an athlete with a suspected concussion be seen by a doctor. The number of visits will be dependent on the treating physician and the athlete’s recovery.

Q: Can I go to my family doctor to get clearance for a concussion?

A: Yes, however, we highly recommend that athletes be seen by physicians with concussion management experience. Ask the Athletic Trainer or Nurse about local physicians who specialize in this area.

Q: Can a chiropractor clear my child for a concussion?

A: No, chiropractors do not meet the Texas State Occupational code that is required in HB 2038- Natasha’s Law.

Q: Can a note from an Emergency Room Physician clear an athlete for the Return to Play Protocol?

A: No, emergency room physicians cannot clear an athlete for return to play. In most cases where an athlete is at the emergency room for a concussion, it is too soon after the initial injury and they are trying to rule out a more serious condition. The ER physician will require a follow-up with the athletes' primary care physician.

Q: If my doctor clears my child to return to play is that all that is required for them to go back to athletics?

A: No, HB 2038 – Natasha’s Law requires that a concussed athlete must complete the School District Return to Play protocol. Recent changes to the law allow a chiropractor to rule a kid out for a concussion on the sideline but they still cannot release an athlete back to play.

Q: Who decides what is in the District Return to Play protocol?

A: The Return to Play Protocol is developed by a Concussion Oversight Committee (Made up of local physicians, the high school athletic trainer and the school nurse) based on current scientific peer-reviewed concussion studies

Q: Does my child have to see one of the COT (Concussion Oversight Team) doctors following a concussion?

A: No, although these doctors are excellent at dealing with sport-related concussions the primary role of the COT is to help establish a written district Return to Play Protocol in conjunction with the IISD Athletic Trainers.

Q: If my child receives a concussion outside of school (Non-school related function: i.e. – club sports, horseplay, accident, etc.) do they still need to complete the Return to Play protocol?

A: Yes, if your child wishes to participate in any UIL-related sponsored sport then they must complete the IISD Return to Play Protocol. This includes concussions suffered in the off-season or summer.

Q: Can I sign a waiver (limiting liability to the school) that allows my child to return to play without having to see the Dr. or complete the Return to Play Protocol?

A: No, concussions are one of the few injuries that have a specific state law governing UIL sports and the process for returning to activity.