

HOLY NAMES ACADEMY CONCUSSION INFORMATION

“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow or jolt to the head or by a hit to the body that causes the brain to move rapidly back and forth. Rapid movement causes brain tissue to change shape, which can damage brain cells. This damage also causes chemical and metabolic changes within the brain cells, making it more difficult for cells to function and communicate. Since the brain is the body’s control center, the effects of a concussion can be far reaching.”

—Concussion Legacy Foundation

Holy Names Academy is dedicated to the diagnosis and treatment of TBI and complies with recommendations made by the International Concussion Society when making return-to-learn and return-to-play decisions. Holy Names Academy is educated and prepared to adapt academics, athletics, and other activities to prioritize healing. Delaying the healing process can cause more serious injury, increase recovery time, and lead to lasting concussion symptoms.

If your child sustains a bump, blow, or jolt to the head, they should be evaluated for a TBI.

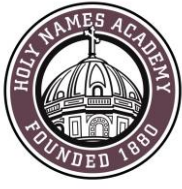
- Make an appointment with your Primary Care Provider (PCP) or the school Athletic Trainer (ATC) to be evaluated for a concussion.
- Ensure that your child is engaging in cognitive rest and reporting concussion symptoms. Avoid giving your child NSAIDs during this time. Your child should refrain from excessive screen time (cell phones, computers, TV).
- If your child sees a provider, please be sure to get a provider note outlining the diagnosis and suggestions for physical and cognitive rest. Student-athletes are required to check in daily regarding return-to-learn and return-to-play protocols. Student-athletes must go through the multi-step process for concussion return-to-play if diagnosed with a concussion.
- Holy Names Academy will follow up with material regarding return-to-learn and return-to-play. Daily updates will be processed through Final Forms updates.

Return-to-Learn:

Holy Names Academy has developed a return-to-learn protocol (RTL) that will be tailored to each athlete’s specific needs during recovery. The guidelines will be communicated with the teachers as the athlete progresses from step to step in the RTL protocol. Holy Names Academy counselors and Athletic Trainer work closely together to re-integrate athletes into the classroom.

Holy Names Academy is dedicated to the safest recovery for its students. Ignoring or pushing through symptoms may prolong the healing process and make it more difficult to return to full activity. RTL and return-to-play (RTP) protocols are put in place by Holy Names Academy to ensure athletes have the best support system while recovery from their TBI.

The brain may have swelling, chemical changes, or damaged cells while concussed. Due to this, students may not perform as well on assignments, quizzes, and tests. Increased academic load while symptomatic can lead to a prolonged healing process and decreased performance.



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Stage 0: No return to academics with at home rest

It is recommended that the student receives 48 hours of cognitive rest with no academic work. During this time, it is recommended that the student focuses on activities of daily living (ADL's) that do not exacerbate symptoms

Stage 1: Return to school for partial day

Students are encouraged to do a half day of school, beginning first with a half day of afternoon classes followed by a half day of morning classes. During this time, students attend classes as tolerated, take breaks when needed, and refrain from homework and tests. The student may return to light asymptomatic activity under the guidance of HNA's school's Athletic Trainer

Stage 2: Full day with maximal support

Students continue with the suggestions from stage 1 but are permitted to be in school for a full day if symptoms are not exacerbated.

Stage 3: Full day with moderate support

Students continue to attend classes as tolerated. Students are permitted to take breaks by putting their head down, leaving class early to avoid hallway transitions, and taking breaks as needed. Students will have modified assignments during this time, and some assignments may be waived to allow students to catch up on schoolwork. Students may be permitted to take one test or assignment each day.

Stage 4: Full day with minimal support

Students are not having increased symptoms with return to school and can tolerate one assignment per day without increased symptoms. During this time, students are allowed to do two assignments per day and may be permitted to take additional exams. Student-athletes may not progress past stage 3 of return-to-play.

Stage 5: Full day with no support

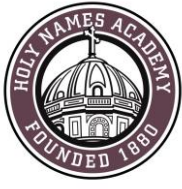
Students are participating in a full class schedule and are no longer symptomatic with cognitive work. Student-athletes may progress to stage 4 of return-to-play after completing stage 5 of return-to-learn.

Stage 6: Clearance

Once students have been asymptomatic with cognitive work for 24 hours, they can be cleared for return-to-learn. The counselors will continue to work with students to ensure they are caught up on missing assignments, tests, and quizzes.

RETURN-TO-PLAY

Washington state law (Zackery Lystedt Law) requires that all student-athletes returning from a diagnosed concussion complete a return-to-play protocol prior to full, unrestricted participation in athletics. Students may not begin the return-to-play protocol, which is facilitated by Holy Names Academy's Athletic Trainer, until they have progressed to full days at school. Student-athletes must not have



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increased symptoms with physical activity at each stage, or the stage must be repeated. Athletes participating in a Holy Names Academy sport must go through all stages of return-to-play with HNA's Athletic Trainer. Providers are not permitted to write a clearance note to skip return-to-play.

Graduated, Stepwise Return-to-Play Progression:

This should occur in conjunction with return-to-learn. There should be at least 24 hours for each step of the progression, under the supervision of the Athletic Trainer. Clinicians and athletes can expect a minimum of one week to complete full rehabilitation strategy, but typically unrestricted return to sport can take up to one-month post-injury. If concussion related symptoms worsen during activity, the student-athlete should stop all activity and report to the supervising health care provider. If more than mild exacerbation of symptoms occurs during steps 1-3, the athlete should stop and attempt to exercise the next day.

****If an athlete experiences concussion related symptoms during steps 4-6, they should return to step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities. Before clearance for full competition/game play, the student-athlete must be back to school full time. This progression is based off recommendations from the Consensus Statement of Concussion in Sport, Amsterdam.**

Step 1: Symptom-limited activity

Daily activities that do not exacerbate symptoms (e.g. walking).

Step 2 A: Aerobic

Stationary cycling or walking or jogging at a slow to medium pace. May start light resistance training that does not result in exacerbation of concussion symptoms. (55% heartrate maximum).

Step 2B: Aerobic

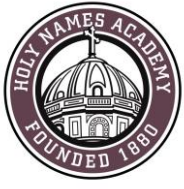
Stationary cycling or walking or jogging at a slow to medium pace. May start light resistance training that does not result in exacerbation of concussion symptoms. (70% heartrate maximum)

Step 3: Individual sport-specific exercise

Sport-specific training away from the team environment (e.g. running, change of direction and/or individual training drills away from the team environment). No activities at risk of head impact.

Steps 4-6 should begin after resolution of any symptoms, abnormalities in cognitive function, and any other clinical findings related to the current concussion, including with and after physical exertion (aka pre-concussion baseline). It is recommended that the student athlete attend school full time and returned to full academic activities and has a catch-up plan before progressing to stages 4-6. Student-athletes should complete full return-to-learn before unrestricted return to sport.

Step 4: Non-contact training drills



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Exercise high in intensity and more challenging training drills (e.g., passing drills, multiplayer training).
Can integrate into team environment and resume full resistance/weight training.

Step 5: Full contact practice

Participate in normal training activities. The goal is to restore confidence and assess functional skills by coaching staff.

Step 6: Return to sport

Return to playing with no restriction and clearance for competition.