

## **Noble and Greenough School Concussion Protocol**

During the academic year, the Nobles Concussion Protocol supports the academic, physical, and emotional well being of a concussed student in coordination with the recommendations by the involved physicians. The School Nurse is the conduit for all medical information relating to the student's head injury. The Concussion Management Coordinator (CMC) manages the various levels of communication throughout the recovery stages with those working directly with the student to form plans for the Concussion Management Team (CMT) to review and activate. The student's advisor serves as the point person with both parent and student as it concerns review of the action plan that is in place.

### **CMT**

- Middle School:
  - Division Head, Dean of Students, School Nurse, Middle School Counselor, CMC, student's advisor
- Upper School:
  - Division Head, Dean of Students, School Nurse, Director of Counseling, CMC, student's advisor

### **Step 1: Notification and Precaution**

Whether an accident that results in concussion symptoms occurs under Nobles supervision or otherwise, the nurses or athletic trainers need notification of the injury as quickly as possible. In turn, the CMC alerts the student's teachers and CMT about the potential concussion in order to properly support the student until further evaluation occurs. Through assessment of the student and available information by Nobles (Health Office, Sports Medicine Office, School Physician or School Concussion Specialist), a determination will be made as to whether to require a doctor's appointment and diagnosis of the injury. If this is judged as necessary then the School Nurse will communicate the directive to the parent and the student is withheld from Nobles physical activity. Academic accommodations could also be initiated.

### **Step 2: Doctor Appointment - Diagnosis**

Nobles requires written documentation from the student's physician or concussion specialist regarding evaluation of the head injury. Until securing a diagnosis from the student's doctor, the School Nurse will initiate necessary accommodations based on the assessments made by Nobles (Health Office, Sports Medicine Office, School Physician or School Concussion Specialist). A concussion diagnosis will trigger the next steps of the protocol in coordination with any recommendations from the doctor.

### **Step 3: Return to Academics – Academic Accommodations**

The time it takes to recover from a concussion varies for each student. The general progression to return fully to academics involves prescribed movement through the Rest, Passive Learning, and Active Learning recovery stages. The CMT implements plans that include educational accommodations based on reported symptoms and in coordination with any recommendations by his/her doctor. In the early portion of this step, a school counselor will meet with the student to discuss challenges that can present themselves within a concussion recovery. Continuous communication between the CMT, parents, student, and physician allows for updated information that may necessitate changes to the academic plan during the student's recovery.

### **Step 4: Return to Nobles Physical Activity (4 Days)**

Once academically cleared (full day of school, regular load of academic work, eligible for testing, etc.) the student may begin the 4-day Return to Physical Activity aspect of the protocol that is managed by the athletic trainers. This program uses two days of physical exertion testing (ImPACT testing is typically administered after the 2<sup>nd</sup> exertion) and two days of practice to gradually return the student to full readiness for the Nobles activity. Upon successful completion (no symptoms or setbacks) and with written clearance from the student's physician or concussion specialist, the student is eligible to participate fully (including contests). A parent will finalize with agreement (verbal or written) for her/his child to return fully to the Nobles physical activity.