

Camp Shutout Concussion Management Policy

For anyone who is or has been involved in sport, or has a son/daughter involved in sports you are aware there are risks that come with that participation. Further, specific to goalkeepers there are inherent risks that are involved in playing the position. It does in fact go with the territory.

It is our goal at Camp Shutout to provide campers with the safest training opportunity and environment possible. However, even with high level of coaching such as we provide, and with safe and controlled settings injuries can and do occur. This includes the potential for concussion. As a staff we take the occurrence and management of concussion very serious when they do occur.

Our concussion management policy is a complete and thorough procedure that is implemented by our Athletic Training staff when any camper is suspected of suffering a concussion. The procedures developed follow common practice within the field of Athletic Training in concussion management, and is similar to policies and procedures seen nationally at the high school and collegiate settings.

Our concussion management policy and procedures are utilized to provide the best care possible with the best interest of the camper being our top priority in any suspected concussion.

Concussion Policy and Procedure

The following policy and procedure is followed anytime a camper attending Camp Shutout is suspected of a potential concussion or incident whereby a concussion could be possible.

- I. At anytime a camper is involved in any collision or receives a direct blow to the head while participating in Camp Shutout activities; on or off the field, the camper is IMMEDIATELY removed from participation.
- II. If a member of the Camp Shutout athletic training staff is not present, they will be summoned to the location of the injured athlete immediately.

- III. The injured camper will not be moved by Camp Shutout coaching staff, and will remain in position found until a member of the athletic training staff arrive.
- IV. Coaching staff will remove other campers from the area of the injured camper..
- V. Upon arrival on scene, athletic training staff member(s) will conduct an acute injury assessment which may include:
 - Determining mechanism of injury,
 - Assessing for and identifying all potential injuries,
 - Determination of whether an injured camper can be safely removed from the field for further evaluation.
 - i. If Athletic Training staff determine that the athlete can NOT be moved safely, they will not be moved and local EMS will be activated via 911.
 - ii. In these instances, transport to local emergency department for further evaluation will be requested, and CSO athletic training staff will remain with athlete and monitor status until EMS arrival at which time care will be transferred to EMS personnel.
 - iii. If it is determined that the athlete may be moved safely, CSO athletic training staff will remove them from field to medical area for further evaluation.
- VI. If initial evaluation deems potential for concussion athlete will be assessed for concussion utilizing the SCAT3 (Sideline Concussion Assessment Tool).
- VII. If SCAT3 assessment suggests the potential for a concussion injury exists, CSO athletic training staff will
 - Remove the athlete from any and all camp activities.
 - Notify athlete's parents immediately,
 - Provide parent/guardian with a recommended treatment plan which may include any of the following:
 - i. Parents may choose to make arrangements to pick up their son/daughter and return home.
 - ii. Request further evaluation from local physician at emergency department or sports medicine medical facility
 - iii. Have concussion managed by Camp Shutout athletic training staff.

- CSO athletic training staff will manage concussive injuries by:
 - i. Conducting serial re-assessments of symptoms and SCAT3 scores at regular intervals
 - ii. Remove athlete from field environment to hotel for rest so as to promote recovery without noisy, bright, hot environments, (Note: Camper will continue to be monitored off-site by CSO staff)
 - iii. Provide parents with regular updates as to status and any changes or improvements in current condition; Updates will occur at a minimum of every 12 hours.

VIII. Camp Shutout return to play policy:

- No camper will be allowed to return to participation at Camp Shutout until **ALL** of the following criteria are met:
 - i. Athlete SCAT3 symptom score is at “0” and remains at “0” for a full 24 hour period.
 - ii. Consultation/discussion with parents and permission is granted by parents for athlete to enter into “progressive return to play” physical activities (e.g., running, drills, physical exertion)
 - iii. Athlete passes all steps of the return to play progression:
 1. Step 1: 15 minutes of light cardio; jogging, etc.*
 2. Step 2: More strenuous running/sprinting*
 3. Step 3: Begin non-contact drills*
 4. Step 4: Return to full contact drills*
 5. Step 5: Full clearance to return to camp participation
- * Athlete may **ONLY** progress to next step if they complete the skill/stage symptom free
- The above policy and progression is mandatory for **ALL** athletes, even those cleared from a concussion to return to play by a licensed physician.
- The above policy also means that **ALL** athletes with concussive symptoms will be withheld from participating for a **MINIMUM** of 24 hours **PRIOR** to starting the return to play protocol.
- **NOTE:** The above policy and return to play progression align with supervising physicians, contemporary research,

and practice/position statements published by various governing bodies (e.g., NATA, NCAA, WIAA)