UC Santa Cruz Sports Club Concussion Protocol

- Any student-athlete that sustains a suspected head injury will be held out of practices and competitions effective at the time of the injury. Reinstatement to practices and/or competitions will be contingent upon clearance in the form of a signed note or the equivalent from a Medical Doctor, and clearance must be finalized by the UCSC sports club Athletic Trainer.
- If the Student-athlete reports a mechanism (direct blow to the head, face, neck or elsewhere on the body via an "impulsive" force to the head that causes suspicion as to a possible concussion), a cranial nerve assessment, and a Standardized Concussion Assessment Tool will be completed. If the student-athlete presents with NO concussive like signs or symptoms then they will be returned to participate by the Sports Club Athletic Trainer.
- If the student-athlete presents with concussive like signs or symptoms they will be held out of participation until cleared by the Sports Club Athletic Trainer and evaluated by a medical doctor.
- The student-athlete must be evaluated by a UCSC Athletic Trainer prior to return to practice or competition.

Exam must include at a minimum:
1. Cervical neck examination
2. Cranial nerve assessment
3. Standardized concussion assessment tool(SCAT3)
4. Balance Error Scoring System (BESS)
5. ImPACT

- If a student-athlete is diagnosed with a concussion injury, the Sports Club Athletic Trainer will:
  - Not grade the concussion
  - Review scores of SCAT3, BESS and ImPACT.
  - Give the student-athlete (and/or designee) a Take Home Instruction Sheet
  - Hold the student-athlete out of full participation for the appropriate time frame as deemed by the UCSC Sports Club Athletic Trainer. This time frame can be adjusted by the UCSC Sports Club Athletic Trainer at their discretion based on the athletes symptoms.
  - Once the student-athlete is asymptomatic for 24 hours they may begin the return-to-play protocol (RTPP).
  - Allow the student-athlete to perform a gradual RTPP once asymptomatic.
  - Follow this RTPP:
    - Day 1- 24 hours or rest, in addition to the first 24 hours after concussive symptoms resolved. Physical and cognitive rest.
• Day 2- Light aerobic exercise (walking, swimming, or stationary cycling) for 20-30 minutes, keeping the heart rate below 70% max HR. No resistance training.
• Day 3- Sports specific exercise, no head impact activities (i.e. sprinting, interval bike, swimming, jumping)
• Day 4- Non-contact training drills; may start progressive resistance training
• Day 5- Full-contact practice following clearance by the UCSC Sports Club Trainer.
• Day 6 Return to all activities and game play.
• Student-athlete must be retested on the final day of the RTPP. Every test score must meet or exceed that of their baseline test score to be cleared.

• Symptoms must not return with exercise or cognitive activities.
  1. If symptoms do return then they must take a 24-hour rest day.
  2. If the student-athlete has been asymptomatic for 24 hours, they may resume at the previous asymptomatic stage.
• Once the student-athlete has completed the RTPP, they are still to complete the symptoms section of the SCAT3 daily for the following two weeks to ensure that symptoms have not returned

• The student-athlete may discontinue completing the symptoms section once they remain asymptomatic for 14 continuous day following their return to all activities.

Kdg 9/18/14