

The concussion Management Plan at New Trier is designed to help the athlete return to athletics in a timely and safe manner.

## Symptoms:

### Recognition & Reporting

Concussion symptoms differ with each athlete and each injury, and may not appear for hours or days.

Symptoms can include:

- Headache
- Confusion
- Difficulty remembering
- Trouble paying attention
- Balance problems
- Dizziness
- Feeling sluggish or hazy
- Feeling foggy
- Nausea or vomiting
- Slowed reaction time
- Sleep problems
- Feeling irritable or emotional

### *Why Should I report my symptoms?*

It is a dangerous condition and can result in permanent damage to the brain.

# Returning to Athletics

## What you need to know

- If you are having symptoms please see the Athletic Trainers immediately!!!
- ALL athletes must see a concussion specialist to help in the evaluation & management of their concussions.
- Return to learn protocol must be completed
- ALL athletes must complete a return to play (RTP) program with the Athletic Trainers at New Trier in order to return to participation. The program will take a minimum of 5 days to complete.
- Athletes should not be doing the program at home or on their own. This program must be done under the direct supervision of the Athletic Trainers.



Phone: 847-784-2297  
Fax: 847-835-9688  
E-mail: [groomsd@newtrier.k12.il.us](mailto:groomsd@newtrier.k12.il.us)

New Trier Township High School

*TO COMMIT MINDS TO INQUIRY, HEARTS  
TO COMPASSION, AND LIVES TO THE  
SERVICE OF HUMANITY*

## CONCUSSIONS MANAGEMENT



TEL: 847.784.2297

## 5 PHASE RETURN TO PLAY (RTP) PROGRAM

## CONCUSSIONS

\*Must be completed in the high school athletic training room.

\*Athlete must be symptom free for 24 hours before beginning

Phase 1:

\*No strenuous concentration tasks  
\*Light activity

Phase 2:

\*Mild concentration tasks  
\*Increase in light activity levels  
\*Balancing exercises

Phase 3:

\* Increase in concentration tasks (video games, texting, etc)  
\*Moderate exercise level  
\*ImPACT Test  
\*Agility & Balance drills

Phase 4:

\*Sports Performance training  
\*Non-Contact drills  
\*Plyometric training

Phase 5:

\*Full exertion & training  
\*Initiate supervised contact  
\*Return to unrestricted participation after physician clearance.

### Concussions:

Information for New Trier Athletes

- ◆ A concussion is a brain injury that affects how your brain works and can be caused by a blow to the head or body.
- ◆ A concussion can happen even if you have not been knocked unconscious
- ◆ Our expectation is to have an ImPACT baseline test for each athlete
- ◆ If you suspect you have a concussion you should report your injury to the coach and/or athletic trainer immediately so proper evaluation and treatment can begin.
- ◆ It is important to not hide any symptoms you may experience.
- ◆ Our guidelines are part of the New Trier Township High School District 203 Board of Education Policy 7-306

WHAT SHOULD YOU DO IF YOU THINK YOU HAVE A CONCUSSION?

*Report It...*

*Do Not Hide IT*

### ImPACT Testing

ImPACT is a sophisticated, research-based software tool developed to help sports-medicine clinicians evaluate recovery following concussion. The ImPACT program evaluates and documents multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time and post-concussive symptoms. In addition, the ImPACT program provides a user-friendly injury documentation system that facilitates the tracking of the injury from the field through the recovery process.

### Measures player symptoms

ImPACT© is a user-friendly, Windows-based computer program that can be administered by a team coach, athletic trainer or physician with minimal training. Reaction time is reliably measured to one hundredth of a second across individual test modules (10 modules total) and allows for an assessment of processing speed as the player fatigues. The test battery consists of a near infinite number of alternate forms by randomly varying the stimulus array for each administration. This feature was built in to the program to minimize the "practice effects" that have limited the usefulness of more traditional neurocognitive tests. ImPACT takes approximately 20 minutes to

New Trier High School Sports Medicine  
385 Winnetka Ave.  
Winnetka, IL 60093

847-784-2297