Farmingdale State College
Sports Medicine
Concussion Management Plan

Purpose: The Farmingdale State College Sports Medicine Staff recognizes that concussions and head injuries are a commonly reported injury in athletics. Therefore, the Sports Medicine Team adopts the following guidelines to assist in the proper evaluation and management of head injuries.

Background: A concussion is a change in brain function, following a force to the head which may be accompanied by temporary loss of consciousness but is identified in awake individuals with measures of neurologic and cognitive dysfunction.

Signs and Symptoms of Concussion:
Concussions may cause abnormalities in clinical symptoms, physical signs, behavior, balance, cognition, and/or sleep. Signs and symptoms of concussions include, but are not limited to:

- Headache
- Inability to focus
- Loss of consciousness
- Delayed verbal or motor responses
- Visual disturbances
- Feeling like “in a fog” or dazed
- Confusion or disorientation
- Ringing in ears
- Amnesia
- Irritability
- Dizziness or balance problems
- Emotional labiality
- Slurred or incoherent speech
- Fatigue or feeling slowed down
- Nausea or vomiting
- Excessive drowsiness
- Vacant stare
- Sleep disturbances

The NCAA Concussion Policy and Legislation mandates that institutions implement the following:

1. An annual process that ensures student-athletes are educated about the signs and symptoms of concussion.
2. A process that ensures a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities and evaluated by a medical staff member with experience in the evaluation and management of a concussion.
3. A policy that precludes a student-athlete diagnosed with a concussion from returning to athletic activity for at least the remainder of that calendar day.
4. A policy that requires medical clearance for a student athlete diagnosed with a concussion to return to athletics activity as determined by a physician or the physician’s designee.

(NCAA SPORTS MEDICINE HANDBOOK GUIDELINE 21)
The Concussion Management Plan will consist of:

I. Education
II. Baseline Neurocognitive Testing
III. Removal of Play
IV. Return to Play Protocol/Clearance back to athletics

I. EDUCATION

All student-athletes participating at Farmingdale State College will be educated on concussions. Athletes must complete the concussion education as part of the athletic clearance process.

Athletes are educated through our concussion program XLNT Brain. The education video is approximately 10 minutes long. Dr. Harry Kerasidis discusses information on concussions and discusses the signs and symptoms. Our goal is to educate the student-athletes to understand the basics on a concussion and understand signs and symptoms so if they are faced with one they can report it appropriately to the sports medicine staff. A short quiz follows the video to see if the student-athlete fully understands the education.

Athletes who are not enrolled with the XLNT Brain Concussion program will receive education through the NCAA Concussion Education Facts Handout. The student-athlete will also sign a form stating they understand that it is the responsibility of the student-athlete to report any concussion like symptoms to the sports medicine staff and that they fully understand and have ready the Concussion Education Facts Handout.

II. BASELINE TESTING

Baseline testing will be used through the XLNT Brain Concussion Software. It will be mandated for the following sports:

- Men’s Soccer
- Women’s Soccer
- Men’s Basketball
- Women’s Basketball
- Men’s Lacrosse
- Women’s Lacrosse
- Baseball
- Softball

-It is approximately a 30 minute computer based test. The student-athlete will take the baseline test in a quiet environment at home or supervised by the Sports Medicine Staff.

-Freshman and Transfer athletes for those following sports will be mandated to take the baseline test which is part of the clearance process. The baseline test will be valid for the student-athletes tenure at Farmingdale State.

III. REMOVAL OF PLAY

-If a student-athlete sustains a concussion they will automatically be removed from play.

-A head injury evaluation will be made by the sports medicine staff

-Rapid assessment of concussion is necessary, symptom assessment, physical and neurological exam, and balance exam will be performed. Evaluation tools such as Standardized Assessment of Concussion Test (SAC), Standardized Concussion Assessment Tool 3 (SCAT3) or XLNT BRAIN Sideline Assessment can be performed.

-The student-athlete will perform a symptom checklist on the XLNT Brain program or through the SCAT3 test.

-The student-athlete will also perform a post-concussion test XLNT Brain program or through SCAT3 test.
- Take home instructions will be given to student-athlete and parent/guardian if under 18.

- An athlete with worsening symptoms, especially worsening headache, nausea or vomiting, increased confusion, garbled speech, lethargy, or extreme sleepiness, trouble using their arms or legs, convulsions or seizure activity should be transported emergently by ambulance to the emergency room. Any athlete with neck pain should be treated as if a cervical spine injury is present, and the appropriate emergency procedures initiated.

**If the injury is life-threatening (the athlete has loss of consciousness, is deteriorating or has a fracture) activation of the Emergency Action Plan will be started**

**Transportation home will be arranged for the student-athlete. No student-athlete diagnosed with a concussion will be permitted to drive at least for the day of injury**

**No student-athlete diagnosed with a concussion or exhibiting concussion like symptoms will return to play for the remainder of that calendar day.**

### IV. RETURN TO PLAY

- The student-athlete will report to the sports medicine staff the next day for evaluation and treatment and will continue to go through the clearance process to return to play.

- Treatment will involve physical and mental rest and daily monitoring of symptoms. Athlete will complete a symptom checklist through the XLNT Brain program.

- Referral to a physician or specialist for additional evaluation and/or testing may be necessary and will be organized by the Sports Medicine Staff treating the student-athlete. Student-athletes who experience a concussion associated with loss of consciousness, worsening signs/symptoms, and/or post-concussive signs/symptoms lasting greater than 24 hours will be referred to a physician and will not be allowed to return to activity until cleared by the physician.

- No student-athlete will participate while symptomatic.

- Once the Athlete is non-symptomatic, the Athlete will take a Post injury test through XLNT Brain. The XLNT Post-injury test results will be compared to the baseline test results. Once the athlete is within Baseline limits the athlete can be cleared for the 5 step exertion progression.

**Stepwise Return to Play Protocol**  
(Adopted from the NCAA Sports Medicine Handbook)

Progression Phase 1:
Light aerobic exercise-Walking, swimming, stationary bicycle (moderate intensity at constant pace less than 20 minutes)
If Symptom-free, progress to next phase

Progression Phase 2:
Higher-intensity training- Stairmaster, Elliptical Trainer, Jog (Intensity with duration 30-40 minutes)
If Symptom-free, progress to next phase

Progression Phase 3:
Sport Specific activity with no head impact (non-contact sport activity- Individual workout, Sport specific drills)
If Symptom-free, progress to next phase

Progression Phase 4:
Limited return to sport activity (essentially full non-contact sport activity and resumption of progressive resistance training)
If Symptom-free, progress to next phase
Progression Phase 5:
Full-contact practice with no limitations
If Symptom-free, progress to next phase

Progression Phase 6- Athlete will complete a post exertion test on XLNT Brain. Unlimited return to sport activity. Medical clearance will be determined by physician or the Sports Medicine Staff in consultation with a physician.

**At any point, if the student-athlete becomes symptomatic (i.e., more symptomatic than baseline), or scores on clinical/cognitive measures decline, a physician should be notified and the student-athlete should be returned to the previous level of activity. Final determination of return to play ultimately resides with the physician**.

***Multiple Concussions: Any student-athlete suffering two or more concussions within the same calendar year will not be eligible to return to activity until evaluated and cleared by a physician***

ACADEMIC CONSIDERATIONS

-Professors of a concussed athlete will be informed of his/her injury and provided with a letter from the Sports Medicine Staff and the Athletic Academic Advisor informing them about the student suffering a concussion and the signs and symptoms they may face. A Care Plan created through XLNT Brain will recommend classroom modifications.

-Recommendations by the treating physician for academic modifications will be followed by the professors of the concussed student.

ATTACHED INFORMATION:

NCAA Concussion Fact Sheet
NCAA Concussion Questionnaire
Farmingdale Sports Medicine Academic Concussion Letter
Farmingdale Sports Medicine Concussion Take Home Instructions
XLNT BRAIN Program Sign Up Instructions
# CONCUSSION
A fact sheet for student-athletes

## What is a concussion?

**A concussion is a brain injury that:**
- Is caused by a blow to the head or body.
  - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

## What are the symptoms of a concussion?

You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

**Concussion symptoms include:**
- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

## How can I prevent a concussion?

**Basic steps you can take to protect yourself from concussion:**
- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

## What should I do if I think I have a concussion?

**Don’t hide it.** Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

**Report it.** Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

**Get checked out.** Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

**Take time to recover.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

*IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.*

*WHEN IN DOUBT, GET CHECKED OUT.*

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For more information and resources, visit [www.NCAA.org/health-safety](http://www.NCAA.org/health-safety) and [www.CDC.gov/Concussion](http://www.CDC.gov/Concussion).
ATHLETIC QUESTIONNAIRE REGARDING CONCUSSION

CONCUSSION
Have you ever had a concussion?  _____ Yes  _____ No
If yes, explain: _____________________________________________________
Number of concussions:
Approximate date of most recent concussion:___
Approximate age of first concussion:_____
Concussion symptoms ever last longer than 3 days?__________
Any loss of consciousness?__________
Any amnesia (loss of memory)?_______
Any convulsions/seizures?__________

☐ I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer and/or physician.

☐ I have read and understand the NCAA Concussion Fact Sheet.

After reading the NCAA Concussion Fact Sheet, I am aware of the following information:

_____ A concussion is a brain injury, which I am responsible for reporting to my team physician or athletic trainer.

Initial

_____ A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep and

Initial classroom performance.

_____ You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms Initial can show up hours or days after the injury.

_____ If I suspect a teammate has a concussion, I am responsible for reporting the injury to my team

Initial physician or athletic trainer.

_____ I will not return to play in a game or practice if I have received a blow to the head or body that results in

Initial concussion-related symptoms.

_____ Following concussion the brain needs time to heal. You are much more likely to have a repeat

Initial concussion if you return to play before your symptoms resolve.

_____ In rare cases, repeat concussions can cause permanent brain damage and even death.

Initial

______________________________  ________________
Signature of student-athlete  Date

______________________________  ________________
Print name of student-athlete  Date
The Farmingdale State College Sports Medicine and Athletic Academic Counselor would like to inform you that ____________________________ sustained a concussion during____________________ on ___/___/___ on ___/___/___. He/She will be further evaluated by the appropriate medical personnel.

A concussion or mild traumatic brain injury can cause a variety of physical, cognitive, and emotional symptoms. Concussions range from minor to major, but they will all share one common factor, they temporarily interfere with the way your brain works. We would like to inform you that during the next few weeks this athlete may experience one or more of these signs and symptoms;

- Headache
- Nausea
- Balance problems
- Dizziness
- Diplopia- Double Vision
- Confusion
- Photophobia- Light Sensitivity
- Difficulty sleeping
- Misophonia- Noise Sensitivity
- Blurred Vision
- Feeling Sluggish or Groggy
- Memory Problems
- Difficulty Concentrating

As a department, we wanted to make you aware of this injury and the related symptoms that the student athlete may experience. Although the student is attending class, please be aware that the side effects of the concussion may adversely impact his/her academic performance. Any consideration you may provide academically during this time would be greatly appreciated. We will continue to monitor the progress of this athlete and anticipate a full recovery.

Should you have any question or require further information, please do not hesitate to contact us.

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Thank you in advance for your time and understanding with this circumstance
I believe that ___________________________ sustained a head injury today at ____________________

This is a medical follow-up sheet to use to ensure the health and safety of this athlete. Quite often signs of a head injury do not appear immediately after trauma. The purpose of this sheet is to alert you and your family of the symptoms of significant head injuries that may occur several hours after the initial head injury. Please follow the suggestions listed below:

To make sure she/he recovers, the following recommendations are provided:

1. Report back to the Farmingdale State College Athletic Training Room on ____________________

2. If the athlete develops any of the following signs or symptoms below and if they persist or worsen, contact his/her primary care physician or report to the nearest hospital emergency department IMMEDIATELY.

- Fatigue
- Dizziness or disorientation
- Nausea or vomiting
- Severe headache, particularly at a specific location, which is continuing, increasing or changing in pattern
- Blurred vision
- Pupils which are dilated, unequal in size, or non-reactive to light
- Weakness or numbness in either arm or leg
- Confusion such as difficulty in remembering recent events or meaningful facts
- Convulsion
- Unusual or bizarre behavior
- Persistent ringing in the ears
- Any discharge from the ears or nose
- Slurring of speech
- Sleep disturbances

It is OK to:

- Use acetaminophen (Tylenol) for headaches
- Use an ice pack on the head and neck as needed for comfort
- Eat a light diet
- Return to school
- Go to sleep
- Rest form both physical and mental exertions, which includes all sports and conditioning activities, as well as reading, texting and using the computer

There is NO need to:

- Check eyes
- Wake up every hour
- Stay in bed

Do NOT:

- Drink alcohol
- Use products containing aspirin or ibuprofen (Aleve, Advil)
- Use sleep aids
- Eat spicy foods
- Drive until cleared by a qualified medical professional
- RETURN TO PLAY until cleared by my medical professional

Recommendations provided to (relationship): ________________________________
Recommendations provided by: ________________________________ Date: ______________

Should you have any questions or require further information, please do not hesitate to contact us at 631-420-2539

-Farmingdale State Sports Medicine Staff
Instructions for Registering onto the Concussion Software Program
Join Farmingdale State College on XLNT Brain

Farmingdale State College has a mandatory baseline test for concussion management through the use of XLNT Brain Software Program

Athletes Registration
Go to XLNTbrain.com, click “sign UP” and enter the passcode above to begin your registration. Click “Join as an Athlete” after you complete your registration, and then follow these steps:

1. View concussion awareness video and pass brief video quiz
2. Update profile info & accept terms and conditions
3. Manage your teams
4. Take the XLNTbrain Baseline Test

The XLNTbrain Baseline Test takes approximately 25 minutes and is important for your healthcare provider to use as a baseline to compare for your recovery. The XLNTbrain Baseline Test may be taken at home or from any computer with an internet connection. It is important for you to take the test seriously and be in an environment free of distractions as you test. If you perform poorly on the test, you may be asked to repeat the test under supervision in your school’s computer lab.

Thank you for your prompt help. If you have any questions, please contact the Athletic Training office for assistance.

Sincerely,

Farmingdale State College Sports Medicine Staff

Donald Haworth EMT-B
Director of Sports Medicine
Farmingdale State College

ANY QUESTIONS PLEASE CONTACT:

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