

UNIVERSITY OF WISCONSIN-LA CROSSE SPORT CLUBS
CONCUSSION FORM

What is a Concussion?

A concussion is a brain injury that:

- Is caused by a blow to the head
 - From contact with another player, hitting a hard surface, or being hit by a piece of equipment such as a bat or ball
- Can cause temporary impairment of brain function
- **Can happen without losing consciousness**
- Can range from mild to severe
- Can present itself differently in each athlete
- Can occur during practice or competitions in ANY sport
- Symptoms may not appear for several hour or days after the injury

*All concussions should be reported to the athletic trainer or a health care provider immediately.

*If symptoms worsen, seek medical attention immediately!

What are the Symptoms of a Concussion?

You can't see a concussion, but there are signs and symptoms that can be noticed right away:

- Headache or "pressure" in the head
- Confusion
- Loss of consciousness
- Balance problems or dizziness
- Nausea or vomiting
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Feeling irritable or not "feeling right"
- Concentration or memory problems
- Slow reaction time
- Appears dazed or stunned
- Can't recall event prior or after the hit or fall

*Exercise or activities that involve a lot of concentration, such as studying, working, reading or on the computer may cause symptoms such as a headache to reappear or worsen.

Sport Clubs Procedures:

Any sport club member who suspects a concussion is required to complete the steps below (includes concussions sustained outside of sport club participation):

- Report signs and symptoms to the Recreational Sports (Rec Sports) Licensed Athletic Trainer (LAT), your preferred health care provider, and/or UWL Student Health Center (SHC)
- Communicate with and follow recommendations of Rec Sports ATC, which may include seeking further medical attention
- If diagnosed with a concussion, stop participation until given clearance by Rec Sports LAT
- Once symptom free for 24 hours, begin Return to Play Protocol
- Successfully complete Return to Play Protocol while remaining symptom free
- Once given final clearance by Rec Sports LAT, return to normal activity

Final determination to return to normal activity will be based on clearance from the Rec Sports LAT. If you choose to see your preferred health care provider, Rec Sports reserves the right to request release of medical information to make a decision that is in your best interest.

Any student who does not comply with these requirements must meet with the LAT and Sport Clubs Coordinator. Student and/or team may be reprimanded in one or more of the following ways:

- Suspension from further play once symptom free
- Loss of privilege to play
- Reduction of team budget and club privileges

By signing below, I understand that I must adhere to the procedures outlined above and that I will not be allowed to participate until cleared by the Rec Sports LAT.

Name (Print): _____ Sport Club: _____

Signature: _____ Date: _____

Concussion: Return to Learn Policy (Oct. 2015)

Created and shared by Joel Luedtke, Head Athletic Trainer, UW-La Crosse Athletics
Permission granted to Recreational Sports for use of protocol and documentation

Purpose:

To create a consistent approach in assisting UW-La Crosse sport club and intercollegiate athletes suffering from a concussion to return safely to academic activity in conjunction with their safe return to athletic activity. This Return-to-Learn protocol was developed to establish coordination between Student Life, Athletics, university professors and the Recreational Sports Graduate Assistant for Athletic Training (ATC GA).

Principles of Guidelines are as follows:

- Return-to-Learn should be managed in a stepwise program that fits the individual’s needs.
- Return-to-Learn guidelines suggests individuals that sustain a concussion shouldn’t engage in activities requiring physical or cognitive exertion.
- Return-to-Learn recommendations should be made within the context of a multi-disciplinary team that includes physicians, athletic trainers, and administrators.

Procedure:

When advising sport club athletes on when and how to best resume their regular academic work, the following points are considered:

- Provide an individualized approach with a gradual return to academics in a manner that doesn’t recreate symptoms.
- The difficulties that students experience around missed academics can be mitigated with appropriate short-term accommodations and support from professors, deans and the staff of Student Life.
- Ongoing medical supervision with coordinated care between the ATC GA and physicians is essential.
- For students with symptoms lasting longer than 3 weeks, further medical management accommodations may be needed.

Initially students will be advised to rest the brain and body for a 24-72 hour period. Students will be responsible for communicating with Student Life and their professors about their status. With the student’s permission, an email from the ATC GA may be sent to Student Life and professors. A follow up email may be sent to Student Life to provide any pertinent information on the status of the student such as changes in symptoms or status of academic return.

Students will be encouraged to sleep, eat and hydrate, spend quiet time with friends/family, listen to calming audio for short periods, take short walks or practice some relaxation techniques. Students will be told to stop any of these activities if concussion symptoms worsen. Students will return for follow-up evaluation within 24-48 hours with ATC GA. At this visit, a thorough symptom review will be done as well as any other relevant testing.

Restrictions on academic work will be kept the same or modified depending on the findings. Students will continue to return daily for repeated assessments. When the measures obtained from these markers show significant improvement, the student will be advised to resume class attendance with possible accommodations such as: note taking services; permission to leave if concussion symptoms return or worsen; dimming lights in the classroom or wearing sunglasses; preferred seating to reduce distractions; and possible extended time for exams or assignments.

Gradual Return to Cognitive Activity:

- If the student cannot tolerate 30 minutes of light cognitive activity, he or she should remain at place of residency.
- Once the student can tolerate 30-45 minutes of cognitive activity without return of symptoms, he/she should return to classroom in a step-wise manner. Such return should include no more than 30-45 minutes of cognitive activity at one time, followed by at least 15 minutes of rest.
- The levels of adjustment needed should be decided by a multi-disciplinary team that may include the student’s physician, athletic trainer, and instructors. The level of multi-disciplinary involvement should be made on a case-by-case basis.

The student will be instructed to utilize and communicate with Student Life as needed to navigate meeting the requirements of his/her academic courses without jeopardizing physical and cognitive healing. If the student is successful in a gradual return to academics without symptoms returning or worsening, he/she will be advised to continue working toward full participation over several days to weeks. If symptoms return or worsen, he/she should be re-evaluated.

The student will be responsible for communicating the details of the recovery process to Student Life and professors should setbacks occur during the recovery process. Along with the student’s update, a follow up email may be sent to Student Life by the ATC GA.

Name (Print): _____

Sport Club: _____

Signature: _____

Date: _____