



KELLENBERG MEMORIAL HIGH SCHOOL

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KMHS Concussion Policy

Concussions or mild traumatic brain injuries are a serious concern in any athletic activity and especially in youth sports. In compliance with the New York State “Concussion Management and Awareness Act” the following shall be the concussion policy of Kellenberg Memorial High School:

ThinkSmart Concussion Management Team

For the well-being of our student-athletes Kellenberg Memorial High School has entered into a relationship with the ThinkSmart Concussion Management Team of Catholic Health Services. It is through ThinkSmart that all KMHS student-athletes will take part in a pre-concussion baseline cognitive exam. Should a KMHS student-athlete suffer a concussion they must be evaluated and cleared by the ThinkSmart physicians in order to take part in the KMHS return to play protocol. Catholic Health Services will accept any medical insurance as payment for their services.

Pre-Concussion Baseline Testing

All KMHS student-athletes will take part in the IMPACT baseline testing program administered by the ThinkSmart Concussion Management Team every two years. The web based test, which will be administered in the KMHS computer lab, will provide a pre-concussed baseline cognitive score which can be utilized by healthcare providers in the treatment of a concussion. It will also serve as a tool to evaluate the readiness for concussed student-athletes to resume full participation in athletic events.

Concussion / Suspected Concussion

Any student-athlete who has suffered, is suspected of suffering or exhibits signs, symptoms or behaviors consistent with a concussion no matter where the injury occurred will be removed from athletic activity immediately at which time medical attention from the Health Office, Athletic Trainer or coach / moderator will be sought and rendered.

Return to Play

Any student who has been diagnosed with a concussion by a licensed medical provider may not return to full physical activity until:

- 1- He / she has been concussion symptom free for a period of not less than 24 hours from the time of injury and;
- 2- Has been evaluated by a licensed New York State physician and has provided the Health Office with written authorization allowing the resumption of full physical activity and;
- 3- Has been evaluated and re-tested on the IMPACT program by the ThinkSmart Concussion Management Team and has obtained a clearance from ThinkSmart to resume full physical activity and;
- 4- Has completed the **Gradual Return to Play Program** administered by the KMHS certified Athletic Trainer.