The Holy Family University Department of Athletics has recognized that concussions pose a significant health risk for those students participating in athletics. With this in mind, the Department of Athletics, through the Athletic Training staff, has implemented policies and procedures to assess and identify those student-athletes who have suffered a concussion. The Athletic Training staff also recognizes the importance of baseline neurocognitive testing on all student-athletes especially those with a history of concussions prior to entering Holy Family University. The baseline neurocognitive testing provides the athletic training staff with significant data for return-to-play decision, if necessary. The baseline data, physical examination, and/or further diagnostic testing will be used in determining the student-athlete’s status to return to play. In an effort to limit the risks of concussions associated with athletics, and the potential catastrophic and long-term complications from concussions, Holy Family University’s Athletic Training staff will take a proactive philosophy in the assessment and management of concussions.

To maximize the safety of the student-athlete and to obtain the most accurate interpretation of neurocognitive testing, it is the responsibility of the student-athlete to truthfully report any and all history of concussions to the athletic training staff. Failure to do so may influence the outcomes, recovery, and treatment, placing the student-athlete at risk of second impact syndrome.

**What is a concussion?**  
It is the violent shaking or jarring action to the brain, usually as a result of impact with an object, the ground, or another person. This results in immediate partial or complete impairment of neurological function (disruption of the function of the brain). Significant head injury may not be readily observable for hours after initial trauma. **Therefore, even seemingly insignificant head trauma should be reported immediately and thoroughly assessed.** Even if symptoms do not immediately occur they must be reported.

**Neurocognitive Testing**  
All Holy Family University student-athletes will be ImPACT* tested prior to participating in any sports activity for the purpose of establishing a baseline using this software. Student-athletes’ baseline testing will be re-tested every other year that they remain eligible as a student-athlete at Holy Family University.

*a computer-based testing program specifically designed for the management of sports-related concussions.
Signs and Symptoms of a Concussion (but are not limited to the following):

**Physical Symptoms**
- Headache
- Vision Difficulty
- Nausea
- Dizziness/balance issues
- Balance Difficulties
- Light and/or Noise Sensitivity
- Fatigue

**Cognitive Symptoms**
- Memory Loss
- Attention Disorders
- Reasoning Difficulty
- Slurred or incoherent speech

**Emotional Symptoms**
- Irritability
- Sadness
- Nervousness
- Sleep Disturbances

Concussion Management and Return-to-Play Guidelines
Any student-athlete who exhibits signs, symptoms or behavior consistent with a concussion, **shall be removed immediately** from practice and/or competition and evaluated by Holy Family's Certified Athletic Trainers (ATC) or a team physician. A student-athlete diagnosed with a concussion **shall not return** to activity until medical clearance has been granted. Medical clearance shall only be determined **by the team physician or a Holy Family University Certified Athletic Trainer**. All decisions are based on the most current recommendations of the American Academy of Neurology, Holy Family’s team physicians, and the NCAA Manual of Sports Medicine.

Student-athletes with a concussion will report to the ATC for continued monitoring as needed specified by the ATC. Referral to a physician or emergency care will be determined on a case by case basis. If no immediate referral is necessary, the student-athlete will be sent to their on-campus residence with care instructions to be shared with a roommate and the Residence Advisor (RA). In addition, the Athletic Trainer will make every effort to contact the roommate and RA by telephone. If the student-athlete commutes, the Athletic Trainer, with the permission of the student-athlete, will make every effort to contact the parent or guardians by phone as well as send the care instructions home. Arrangements will be made to transport the student-athlete to their on-campus residence. However, the first means of transporting student-athletes to off-campus residence will be the responsibility of the parent or guardian. If this is not possible, alternative means will be arranged by the Certified Athletic Trainer.

If a student-athlete sustains a concussion, a follow-up post-concussion ImPACT test will be administered within 24 hours. These scores will be compared to baseline testing. ImPACT testing will continue after the student-athlete reports that he/she is asymptomatic for 24 hours. Following ImPACT post-concussion return-to-baseline clearance, the athlete will begin a return-to-activity progression which will follow the guidelines set forth by The International Conference on Concussion in Sport (available for reference in the Athletic Training room).
Return-to-Play will occur upon the completion of the return-to-activity progression without the reoccurrence of any symptoms. **Final authority for Return-to-Play shall reside with the team physician or the Holy Family University Certified Athletic Trainer.**

I, ____________________________, have read and understood the Holy Family University Concussion Policy. I understand that if I do not follow this policy, appropriate disciplinary measures will be taken by the Department of Athletics.

_____________________________  ________________
Signature of Student-Athlete       Date

_____________________________  ________________
Signature of Parent/Guardian      Date