



CITY SCHOOL DISTRICT OF NEW ROCHELLE
515 NORTH AVENUE
NEW ROCHELLE, NEW YORK 10801-3416

RICHARD E. ORGANISCIAK
SUPERINTENDENT OF SCHOOLS

DIANE C. MASSIMO, Ph.D.
ASSISTANT SUPERINTENDENT
CURRICULUM, INSTRUCTIONAL SUPPORT & FUNDED PROGRAMS

ADRIENNE WEISS-HARRISON, M.D., F.A.A.P.
MEDICAL DIRECTOR/ SCHOOL PHYSICIAN
Tel: (914)576-4264
Fax: (914)632-3371

STEVE YOUNG
ATHLETIC DIRECTOR
TEL: (914) 576-4586

**HEALTH SERVICES DEPARTMENT
PHYSICAL EDUCATION/HEALTH EDUCATION
ATHLETIC DEPARTMENT**

Concussion/Head Injury Management Information for Students Participating in High School and Middle School Athletics

To improve the safety of student athletes, the Athletic Department and Health Services Department have developed a Head Injury and Concussion Prevention and Management Program. A key part of the program involves the ImpACT Program. (Immediate Post-Concussion Assessment and Cognitive Testing.) This test looks at the ability of the brain to think and process information. The New York State High School Athletic Association endorses ImpACT. ImpACT testing helps us determine when it is safe for a student athlete to return to play and school after a head injury.

Each student athlete will be **required** to participate in ImpACT testing in order to compete in sports. A baseline test will be done before the start of the practice season and repeated every 2 years. No athlete will be able to practice unless a baseline test has been taken and reviewed. The baseline test will be different for each student. Test results are confidential. Scores are not important in the baseline test.

If a head injury with concussion occurs, the student must undergo repeat ImpACT testing within 1 to 3 days. The ImpACT score may show that an athlete's brain needs to rest. Repeat testing will be done weekly until the score is close to baseline level. In addition, medical clearance is required from your own doctor or nurse practitioner as well as the district Medical Director.

After clearance, the student will work with the athletic trainer and slowly return to play based on steps that assess the abilities of the athlete. Each step requires at least 24 hours to determine if symptoms recur. This process is put in place to protect our students.

It is very important that students report any head injury to their coach or athletic trainer immediately. In addition, it is important to report any fellow athlete who has or may have suffered a head injury. Head injuries with concussions can cause permanent brain injury. This is especially true when prior head injuries have occurred. Remember: you have one brain, and it needs to last you a lifetime. Risking your long term health just for the sake of not missing a few practices or games is not a wise move!

After a concussion, the brain goes into an "energy crisis" which can last 7 to 10 days. The brain has difficulties with memory and thinking and requires time to heal. This involves resting from activity. A student may require reduced school work, rest breaks during the day, and decreased homework. Participation in athletic competition, practice or physical education classes will be on hold.

Our goal, as it has always been, is for each student to participate safely in the sport of their interest. We want each athlete to reach their academic and athletic potential during high school and in the future.

If you have any questions regarding this program, please feel free to contact your Coach or School Nurse.