

Dear Parents,

My name is Kelly Burgos and I am the athletic trainer at The Christian Academy. I just wanted to take this opportunity to introduce myself and some policies you should be aware of as a parent of an athlete here at TCA. Also, please be aware that all coaches are required to go through concussion and cardiac training prior to the beginning of their season. They're required to have the training annually.

Contact Information:

Please feel free to contact me with any questions you may have. My cell phone is the easiest way to reach me but feel free to use email as well.

Cell: 610-324-7705 Email: kellyatc@yahoo.com or kburgos@tca-pa.org

Athletic Training Room Hours:

I am in the athletic training room at least one hour prior to game time. If there is an away game, I'll come in to get the athletes ready to go.

Reporting Injuries:

It is very important that injuries are reported to me as soon as possible. I have resources available to get our athletes seen by quality physicians located in our area, and seen quickly.

Concussion Policy:

According to Pennsylvania State Law, any athlete that is suspected of having a concussion or concussion-like symptoms will be removed from athletic participation and must be evaluated by a physician. In order to return to sport, the certified athletic trainer must receive a written clearance from an MD/DO **AND** the athlete must complete the gradual return to play protocol. ImPact testing to gain a baseline, is suggested but not required. If you're interested, please let me know.

Return to Play:

It is a school and PIAA policy that any time an athlete sees medical care for an athletic injury, the athlete may not return to full time play until a written note from the physician releasing the athlete for participation is received.

Please do not hesitate to contact me with any questions or concerns. Thank you for your cooperation.

Kelly A. Burgos, ATC

The Christian Academy's Concussion Management Protocol

As adopted from the National Federation of High School Sports recommendations: If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

When you suspect that a player has a concussion, follow the "Heads Up" 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health-care professional.
3. Inform the athlete's parents or guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay to return to activity.

After suffering a concussion, **no athlete should return to play or practice on that same day.** Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Newer studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion **and is cleared to return to activity by a health-care professional (qualifications of a health-care professional vary by state so be sure to follow your state guidelines)**, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day. The return to activity program schedule **may** proceed as below **following medical clearance**:

Progressive Rehabilitation Protocol

The 4th International Conference on Concussion in Sport (Zurich 2012)

1. No activity.
Complete physical and cognitive rest
2. Light aerobic exercise.
Walking, swimming or stationary cycling keeping intensity <70% MPPHR. No resistance training. Increase HR
3. Sport-specific exercise
Skating drills in ice hockey, running drills in soccer. No head impact activities. Add movement
4. Non-contact training drills
Progression to more complex training drills (e.g. passing drills in football and ice hockey). May start progressive resistance training). Exercise, coordination, cognitive load
5. Full contact practice
Following medical clearance, participate in normal training activities Restore confidence, assessment of functional skills by coaching staff
6. Return to play