

Club Sports Concussion Management Protocol

Education

Fresno State Club Sports student-athletes and coaches will review the Concussion Fact Sheet, developed by the CDC and NCAA, each semester. Athletes and coaches will complete the concussion awareness agreement through their online athlete registration with the Club Sports Program. By signing this agreement, student-athletes acknowledge review of the Concussion Fact Sheet and accept responsibility for immediate reporting of any signs or symptoms of a concussion to medical staff (ATC or health care professional), coach, or team captain/president, and the Club Sports Office. This effort will be coordinated by the Fresno State Club Sports program.

Coaches, team captains/presidents, and safety officers of all Club Sports teams will undergo training on concussion signs and symptoms and identification. Proof of completion of online training through NFHS will be turned in to the Club Sports Office before regular practice begins. This effort will be coordinated by the Fresno State Club Sports program.

Fresno State Club Sports members in the high impact sports listed below will take a supervised pre-season baseline assessment for concussion using the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) system. Student-athletes who have already had ImPACT testing must take a test with Fresno State Club Sports.

(Ice Hockey, Judo, Paintball, Rock Climbing, Rodeo, Rugby, Ski & Snowboard, Soccer, Spirit Squad, Ultimate Frisbee, Volleyball, Water Polo, & Wrestling)

ImPACT testing will be coordinated the Fresno State Club Sports program. Each Fresno State Club Sport president will be contacted with the date and time(s) of their club's testing sessions. The test administrator will confirm that all tests are certified as valid. New members joining throughout the semester should attend the monthly concussion testing dates as coordinated or requested. The student-athlete will maintain a copy of the baseline test and the data will be stored in the ImPACT database. This information will be available to medical staff in the event the student-athlete presents to the hospital with a concussion or other head trauma.

Care

The Club Sports office will contract an Athletic Trainer to be in attendance between 30-40 HOME hosted competitions for teams that participate in the Fresno State Club Sports program. If an athlete is determined to show symptoms of a concussion, the ATC (at hosted competitions), or the coach, captain, or safety officer (at away competitions) will notify the Club Sports Office. Upon notification, the Club Sports Office will notify Dean of Students, instructors, coaches, and team

leaders of the incident with formal notification. The Club Sports office will identify two possible plans of action to follow after an athlete suffers from a concussion. The Club Sports office will contact the athlete, or person listed as the athlete's emergency point of contact, to determine the plan of action the athlete will follow.

Option A – Care Action Plan

The athlete will seek medical care through the Student Health Center to verify the athlete has suffered a concussion, if an ATC was not present at the event. Once the determination is made, the athlete will see a physician until cleared for Return to Play and Return to Learn. Once cleared for Return to Learn/Play, the Club Sports office will notify Dean of Students, instructors, coaches, and team leaders.

Option B – Care Action Plan

The athlete will see licensed health care provider (MD, PA,). The athlete's baseline information from ImpACT will be forwarded to their licensed health care provider. Once the determination is made, the athlete will see their licensed health care provider until cleared for Return to Play and Return to Learn. Once cleared for Return to learn/Play, the Club Sports office will notify Dean of Students, instructors, coaches, and team leaders.

Concussion Management Protocol Resources and Formss:

IMPACT concussion testing software

Removal from Classroom notification (form)

Removal from Play notification (form)

Return to Learn notification (form)

Return to Play notification (form)