

Coaches Handout for Head Injuries and Potential Concussion Management

Mayo Clinic Sports Medicine Guidelines

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Mayo Clinic Sports Medicine Concussion Policy

As the Athletic Training Services provider to your school, we are instituting a policy when dealing with head injuries and possible concussions. We ask that you include this document in the packet that is given to “all” of your coaches.

- AD's/Coaches, per your school's policy on baseline testing, please encourage your athletes to be baseline tested. Having these baseline numbers can potentially help when making a clearance diagnosis. It is a way to compare pre-injury test numbers to post-injury test numbers to help determine when the athlete can start the return to play protocol. It is not the only determining factor. Sports medicine physicians use other data/tests as well.
- If a suspected head trauma/possible concussion takes place and is deemed above your abilities to manage, do not hesitate to call 911 and make sure you call the athlete's parents immediately informing them of the incident.
- If manageable by the coaching staff, after ruling out any potential life threats, we ask that the coach handling the situation please fill out the **Post Concussive Symptom Score (PCSS) sheet** along with making sure to get the athlete's name and phone number along with the parent's name and contact information. Also note how the incident occurred. You may need to do this anyway if your school requires you to fill out an incident report for the injury.
- If the parents are coming to pick up the athlete please make sure to provide the parent with a copy of the PCSS form with the reported symptom severity along with your school's athletic trainers' name and phone number and ask them to follow up with them when they get home. Also let the parents know that you (the coach) will be contacting the school's ATC and providing them with the information about the injury along with the athlete/parents contact information and that they should be getting in touch with them as soon as they are able.
- Please make sure you **follow up** with the school athletic trainer as soon as possible with the injury information so that they can get in contact with the parents to be able to answer any questions that they may have and also explain the next steps whether the injury was diagnosed as a concussion or not. **Please do not wait until the next day or the beginning of the next week before getting in contact with the school's athletic trainer.**
 - If a concussion was diagnosed, there is a formal clearance process and a MSHSL/state mandated return to play protocol that must be followed.
 - If a concussion was not diagnosed there may still be some gradual steps required before returning the athlete into full practice or competition.
- From your MSHSL concussion training, remind the parents that since their child was removed from practice/competition for the reason of a head injury that they cannot return that day and that they must be cleared to return to sport by a health care professional that is qualified and has experience dealing with concussions.
- Getting in immediate contact with your school's athletic trainer can save time and potentially prolonged days missed/out of sport. They have the expertise to guide the athlete/parents as to what needs to be done, signs and symptoms to look for, reasons to go to the ER and help in getting the athlete to the correct health care provider to get them back as quickly and safely as possible.

- Please also remember that just because there were little or no symptoms reported immediately following the injury, they may still manifest later. These are all things the ATC can pass on to the parents.
- We are not asking you as coaches to diagnose/not diagnose a concussion. But getting a post injury PCSS score can help us as athletic trainers monitor the athlete's progress from the time of injury until they are 24 hours asymptomatic.
- Once the athlete is cleared to begin the return to play process (**medical paperwork from the certified examining health care professional must be provided**), let your athletic trainer know immediately so they can guide the process for/with you. Some of SMC contracted high schools have full time ATC's on site and will directly monitor the return to play. Other schools have ATC's that only visit the school a few times each week so you as the coach may need to implement the return to play. The return to play protocol, especially Level III, isn't something that you as the coach can tell your athlete to go over on the sideline and do it themselves. It should be directly monitored for accuracy and the appropriate amount of time spent on each level. Included you will have a **Comprehensive Return to Play Protocol** for you to use. Contacting your schools ATC after each phase of the RTP will help ensure the proper steps were taken and feedback provided for the next phase until they are cleared to fully participate.
- Lastly and most important is that your school's Athletic Trainer and/or Mayo Clinic Sports Medicine will have the **final decision** on the success of the return to play process and when the athlete can return to full participation as we have direct and/or daily contact with the athlete.

SCHOOL ATHLETIC TRAINER: _____

CONTACT NUMBER: _____

EMAIL: _____

Concussion Return to Play

(Minimum requirements)

Must return to school in some capacity by 3 days post injury, if unable, sports med appointment indicated.

Light aerobic activity. 3-4 days after injury. Start @ 10 minutes, no greater than 20 minutes, no resistance. Stop if symptoms increase.

Level 2: Increase heart rate:

Perform one of the following for 15-20 minutes

- Stationary bike- no resistance
- Elliptical- no resistance
- Treadmill- walking. **NO** running
- Brisk walking

Level 3: Add movement and duration: Sport Specific Exercises. 50-75% intensity

- ❖ 30-45 minutes, **NO** weight lifting, **NO** head contact

Perform the following

- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups
- ❖ Up-downs
- ❖ Sprint ladder

You may add 10-20 minutes of stationary bike, elliptical, treadmill at a higher intensity than level 2 if needed to reach time requirement. Intervals and incline are reasonable.

Level 4: Add coordination, resistance, and mental tasks: No contact practice. 75-100% intensity

- ❖ 1-2 hours, begin gradual return to resistance training,
 - No scrimmages, may participate in drills

Level 5: Add Contact, build confidence, and assess skills: full exertion, full pads and contact Full practice

Level 6: Full activity without restriction: competitive game play and tournaments without restrictions

Football

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

Sport specific- **Helmet Only**- Perform on own unless otherwise indicated. It should be under the supervision of a coach

Backs

- Foot work
- Catch/throw- with one other person
- Run routes/shadow coverage

Line

- Foot work
- Fire out of stance
- Bag work - Foot bags only for agility! Not blocking bags or blocking sleds
- Pulls/counters
- Shadow blocking/no opponent, on their own

******Participate in team conditioning******

You may add in 10-20 minutes of stationary bike, elliptical, treadmill at a higher intensity than level 2 if needed to reach time requirement. Intervals and incline are reasonable.

Level 4: Helmet and Shoulder pads- Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills. May wear helmet and shoulder pads only! No practice pants.

Goal: Add coordination, resistance, and mental tasks

- Team warm ups
- Team drills
- Team conditioning

No shoot work, scrimmaging, or tackling drills

Soccer

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Dribbling
 - ❖ shooting
 - ❖ corner kicks
 - ❖ punts
 - ❖ Passing with one other person

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- ❖ Field players
 - Red Jersey
 - Trapping OK (chest or feet)
- ❖ Goalie
 - No headers or scrimmaging. No live shots for goalies

Volleyball

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Footwork specific to position: approach/transition/blocking footwork
 - ❖ Hit off box, serving, hit/set against a wall
 - ❖ Partner passing/setting, controlled pepper

******Participate in team conditioning******

Level 4: -Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Hitting off a set
- Passing- off of soft toss

No scrimmaging. Nothing receiving live hit/serve

Cross Country

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
 - ❖ Butt kicks (15 yds)
 - ❖ Inch worms (10 yds)
 - ❖ Carioca (15 yds down and back)
 - ❖ Jumping Jacks (20)
 - ❖ Body Weight Squat (20)
 - ❖ Sprint /back pedal (10 yds) X 5
 - ❖ Squat Jumps (2 X 10)
 - ❖ Sit ups
 - ❖ Push ups
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- ❖ Sport Specific- Must stay on campus
 - ❖ Flat ground running
 - ❖ 30 minutes running @ 85%

******Participate in team conditioning******

Level 4: -Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Interval/speed work
- Hills

Hockey

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Forward/defense
 - Skate on **own**- helmet and gloves
 - Forward, backward, turns, stop/start
 - Stick handling/shooting
 - Passing with team mate
 - Stick handling/shooting off ice
 - Passing/shooting with partner off ice
 - ❖ Goalie- **cannot** take live shots
 - Goalie drills- Full Gear
 - Pre-game warm-up- **NO** pucks
 - Off ice- ball work

******Participate in team dry land conditioning******

Level 4: Full Gear-Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

*****Red Jersey*****

- Team warm ups
- Team drills
- Team conditioning
- Goalies- Coaches can shoot on- **NO** head contact

No scrimmaging, wall work, 5v5

Wrestling

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Shadow drill- no sprawling,
 - ❖ Forward/backward crawling

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Drilling with a coach- no head contact
 - **NO** Throws
- Med ball slams/throws/carries

No live wrestling

Baseball/Softball

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Hit off a tee-whiffle ball/soft ball
 - ❖ Controlled throw and catch(short distance, normal throwing program to 60 ft)
 - ❖ **NO** pitching or live hitting

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Base running
- Hitting off soft toss (no live pitch)
- Controlled field drills, no live play (taking infield)
- Throwing to 90 feet

Cheer

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Go through cheer movements
 - ❖ **NO** catching/throwing/tumbling

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Initiate light tumbling (spotter present)

No throws or catches

Gymnastics

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Floor routine dance moves
 - ❖ Beam dance moves
 - ❖ **NO** jumps or flips

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Initiate tumbling with spotter
- Bar work (pad under uneven bars)
 - Muscle ups

- **NO** switches or spinning/flipping

No Vault

Basketball

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Shooting on own
 - ❖ Passing drills
 - ❖ Ladder drills

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Controlled shooting drills
- Play work
- 5 Vs 0

No live play or scrimmages

Figure Skating

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Perform on own unless otherwise indicated
 - ❖ Skate on own
 - ❖ Dance moves on ice/**NO** group dancing
 - ❖ Dry land footwork
 - ❖ **NO** spins or Jumps

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Jumps- **NO** triples
- Spins & Spirals
- On ice footwork

No triple jumps, group/team dance or footwork

Lacrosse

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- **Helmet/Goggles and Gloves**-Perform on own unless otherwise indicated
 - ❖ Forward/Defense-**Helmet/Goggles and Gloves**
 - Shooting on own
 - Passing drills
 - Stick work

 - ❖ Goalie- **Full Gear**
 - **NO** live shots

- Goalie drills-
 - Pre-game warm-up- **NO** ball

******Participate in team conditioning******

Level 4: Full Gear-Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

*****Red Jersey*****

Goal: Add coordination, resistance, and mental tasks

- Team warm ups
- Team drills
- Team conditioning
- Goalies- Coaches can shoot on- **NO** head contact

No ground balls, face-offs, live work, scrimmages

Track

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
- ❖ Butt kicks (15 yds)
- ❖ Inch worms (10 yds)
- ❖ Carioca (15 yds down and back)
- ❖ Jumping Jacks (20)
- ❖ Body Weight Squat (20)
- ❖ Sprint /back pedal (10 yds) X 5
- ❖ Squat Jumps (2 X 10)
- ❖ Sit ups
- ❖ Push ups

- ❖ Sport Specific- Must stay on campus
 - ❖ Runners/Jumpers
 - Flat ground running-
 - Speed work @ 85%
 - Block starts/starts
 - Core

- Run through, pre-jump drill
- ❖ Throwers
 - Shot- Power throw- NO spin
 - Disc- Power Throw- NO spin
- ❖ Pole Vault
 - Take off and planting
 - core

******Participate in team conditioning******

Level 4: -Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- ❖ Runners
 - No full racing with block start
- ❖ Throwers
 - Shot- Full throw
 - Disc- Full Throw
- ❖ Jumpers
 - Foot work
 - Run through
 - Form without the bar/ not full
- ❖ Pole Vault
 - Footwork
 - Run through with planting
 - Pull through

Dance

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
 - ❖ Butt kicks (15 yds)
 - ❖ Inch worms (10 yds)
 - ❖ Carioca (15 yds down and back)
 - ❖ Jumping Jacks (20)
 - ❖ Body Weight Squat (20)
 - ❖ Sprint /back pedal (10 yds) X 5
 - ❖ Squat Jumps (2 X 10)
 - ❖ Sit ups
 - ❖ Push ups
- ❖ Sport Specific- Perform on own unless otherwise indicated

- ❖ **NO** group dancing
- ❖ Footwork
- ❖ **NO** spins or Jumps

******Participate in team conditioning******

Level 4: Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

- Initiate tumbling –spotter if indicated
- Footwork
- Kicks/spins/jumps

Tennis

Level 3: Sport Specific Exercises: 30-45 minutes, **NO** weight lifting, **NO** head contact

Goal: Add movement and duration

- ❖ High Knees (15 yds)
 - ❖ Butt kicks (15 yds)
 - ❖ Inch worms (10 yds)
 - ❖ Carioca (15 yds down and back)
 - ❖ Jumping Jacks (20)
 - ❖ Body Weight Squat (20)
 - ❖ Sprint /back pedal (10 yds) X 5
 - ❖ Squat Jumps (2 X 10)
 - ❖ Sit ups
 - ❖ Push ups
- ❖ Sport Specific- Perform on own unless otherwise indicated

- ❖ Forehand/backhand off of soft toss
- ❖ Serving
- ❖ **NO** serve receive
- ❖ **NO** volleying
- ❖ Footwork

******Participate in team conditioning******

Level 4: - Non-Contact Practice: 1-2 hours, may begin progressive resistance training, progress to more complex drills.

Goal: Add coordination, resistance, and mental tasks

- Short game
- NO live receive
- Controlled volleying

No live receive or scrimmage