

ImPACT Concussion Management
Manual for Parents & Players
Falcons Hockey Association





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Safety & Return to Play (RTP) Policy Concussion Management

Background: An important goal of the Falcons Hockey Association (FHA) is to promote a safe environment for our players by administering effective concussion management policies and procedures. The FHA understands that concussions are a possible injury for players who participate in ice hockey. Continuing to play with a concussion or symptoms of a head injury leaves the player vulnerable to greater injury. FHA supports a cautious and conservative approach to concussions and head injuries by ensuring we are in compliance with our Concussion Management Guidelines.

Concussion Management Guidelines:

- FHA will provide education, training, and/or head injury information for coaches, players and parents and/or guardians.
- FHA will offer all age-appropriate players (2nd-year Peewee players and older) an opportunity to complete the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) at the start of the season (provided by FHA and included in the fees). This will establish a benchmark to be used in the event a player becomes injured.
- If a player sustains a suspected head injury and/or is displaying symptomatic signs of a head injury, the player will sit out the rest of the game and/or practice until he or she is cleared by a licensed healthcare professional.
- The coach and/or manager will complete an injury report and contact the player's parent and/or guardian in a timely manner.
- FHA players are welcome to take a post-injury ImPACT test (provided by FHA and included in the fees). Results from baseline and/or post-injury ImPACT tests can be shared with the player's physician of choice. Please contact Shannon Hackett at hackett@falconshockey.org or 847.702.3075 or Julie Davis at davis@falconshockey.org or 847.828.9793 to schedule a post-injury test and/or obtain results.
- An injured player is required to provide his or her coach and/or manager with a written release obtained by a licensed healthcare professional prior to returning to the ice for the next game and/or practice.

Policy: Any player who exhibits any signs, symptoms, or behavior consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from play and/or practice until they are cleared to return to play by a healthcare professional. The healthcare professional must sign FHA's Return to Play (RTP) form, and the player must submit the form to his or her coach and/or manager prior to returning to the ice.

Questions? Please contact Shannon Hackett, FHA's ImPACT Liaison, at hackett@falconshockey.org or 847.702.3075 or Andy Hunt, MD at hunt@falconshockey.org or 847.998.5680

**Thank you very much for promoting a safe and healthy environment!
Falcons Hockey Association**



Return to Play (RTP) Form Concussion Management

Name of Player _____ is able to return to play
following injuries sustained on (Date) _____

Considerations / restrictions with respect to return to play:

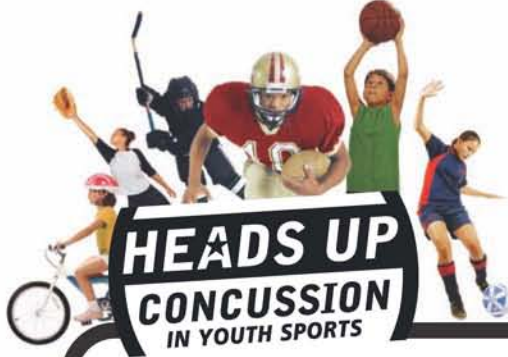
Post-Injury impact test has returned to within normal limits.

Name of Healthcare Provider

Signature

Date: _____

**This information is strictly confidential and will only be used to assist in the player's safe return to play.
Completed forms must be submitted to the Coach and/or Team Manager before returning to play.**



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

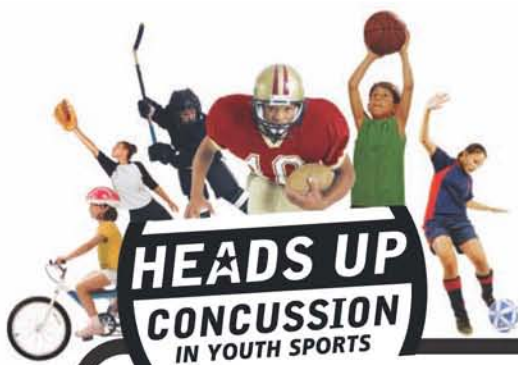
Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.



A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you play

It's better to miss one game than the whole season.



PARENTS & PLAYERS ACTION STEPS FOR KEEPING YOUR ATHLETE SAFE

1. Get educated – review the PowerPoint by Andy Hunt, MD available on our website at www.falconshockey.org.
2. Read and understand the “Fact Sheet for Parents” and the “Fact Sheet for Players.”
3. Ask questions if you do not understand the material – Andy Hunt will be happy to clarify any questions or concerns you may have, irondoc99@gmail.com or 847-323-5546.
4. Have your player take the ImPACT baseline test at your team’s scheduled testing site.
5. It is VERY important that players DO NOT purposely “tank” the test. Safeguards exist to identify players who purposely score poorly on the test. Those players will need to retake the test. Please discuss this issue with your player ahead of the test.
6. Test results can be interpreted to accommodate children with learning disabilities such as ADD/ADHD, etc.
7. Encourage your players to be open and honest with their coach and manager if they suffer a head injury. **Players should not hesitate to tell a coach or manager if and when an incident occurs.** If your player suffers a head injury during play, the coach and/or manager will remove your player from play for the remainder of the game and/or practice. Please consult your physician, take the ImPACT post-injury test, have your physician review the pre and post test results and get clearance from your physician to return to the ice for play by completing and submitting the Return to Play (RTP) form to your coach and/or manager.
8. ImPACT post-injury screening test should be done within 24-48 hours of the injury. This can be done online in the same manner as the baseline test was administered. Your team manager can make arrangements with Shannon Hackett, FHA’s ImPACT Liaison at hackett@falconshockey.org or 847.702.3075 or Julie Davis at davis@falconshockey.org or 847.828.9793.
9. Players who sustain head injuries must be cleared by a medical professional before returning to the ice and must provide a written release from such professional. If you have questions regarding concussions and the care thereof, please contact Andy Hunt at irondoc99@gmail.com or 847-323-5546.
10. Please provide your team manager with a copy of the Return to Play (RTP) form so he or she can track the information accordingly.
11. Players who sustain one or more head injuries need to take extra care. Please contact your medical professional to make them openly aware of your player’s medical condition to guard against potential risk. No one should take head injuries lightly.
12. When in doubt, call the doctor!



ImPACT CONCUSSION MANAGEMENT FAQ's

- 1. Where can my player take an ImPACT baseline test?** Test sites will be made available at our rinks before and/or after scheduled practice at no cost to our players.
- 2. Why should my player take an ImPACT baseline test?** To gather important data to better manage concussion. A baseline test outlines how a player's brain functions free of injury. This data is compared to post-injury data to determine the severity of a concussion.
- 3. What age group is appropriate for taking ImPACT baseline and post-injury tests?** FHA offers baseline and post-injury tests to players who are 2nd-year Peewees and older. Test can be administered to younger players but it is geared for children ages twelve and older. If your younger player is interested in taking a test, please contact Shannon Hackett at hackett@falcons hockey.org for a referral.
- 4. How long does it take to take the test?** Most children finish a baseline test in less than 30 minutes.
- 5. What is it like to take the test?** This non-invasive test is set up in "video-game" type format. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain.
- 6. What does the test measure?** The test measures multiple aspects of cognitive functioning in athletes, including attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving and reaction time.
- 7. Who will administer the test?** FHA trained personnel with over site from Andy Hunt, MD of Illinois Bone & Joint Inst., Sports Medicine Division, Medical Director of USA Triathlon and parent of two FHA hockey players!
- 8. Are there any risks associated with taking the test?** ImPACT testing is non-invasive and poses no risk to the athlete.
- 9. How much does it cost to take the test?** FHA is providing baseline and post-injury ImPACT testing at no additional cost to the player.
- 10. How can I access a copy of my player's ImPACT baseline test results for post-injury comparison?** To request a copy of your player's ImPACT baseline test results, please contact Shannon Hackett at hackett@falcons hockey.org or 847.702.3075 or Julie Davis at davis@falcons hockey.org or 847.828.9793.
- 11. How can I learn more about ImPACT?** Visit our website at www.falcons hockey.org or contact Shannon Hackett, FHA ImPACT Liaison, at hackett@falcons hockey.org or 847.702.3075.



CONSENT & WAIVER
ImPACT Concussion Management
ImPACT Baseline and Post-Injury Testing

I, _____, have read the Falcons Hockey Association's (FHA's) ImPACT Concussion Management - Manual for Parents & Players and understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in FHA's ImPACT Concussion Management Program. I acknowledge that my participation in the ImPACT Management Program is voluntary, and intended by FHA as a service to me and my family. I understand that I may access my ImPACT baseline and post-injury data to provide to my healthcare professional in the event of a suspected concussion occurs.

I understand that FHA does not practice medicine, and that the Program is not intended to be a substitute for professional medical advice, diagnosis, or treatment. I will seek the advice of a physician or other qualified health provider with any questions regarding a suspected concussion or any other medical condition. I will not disregard professional medical advice or delay in seeking it on the basis of any information received in connection with the Program or from FHA.

PRINT NAME OF ATHLETE:

ATHLETE'S SIGNATURE:

PARENTAL CONSENT, WAIVER & RELEASE

I certify that I am the parent or legal guardian of _____ ("Athlete"). I have read the ImPACT Concussion Management - Manual for Parents & Players and understand its contents, and I have been given an opportunity to ask questions regarding ImPACT Concussion Management Program (the "Program") and all of my questions have been answered to my satisfaction. I hereby consent to Athlete's participation in the Program.

I understand that FHA does not practice medicine, and that the Program is not intended to be a substitute for professional medical advice, diagnosis, or treatment. I will seek the advice of a physician or other qualified health provider with any questions regarding a suspected concussion or any other medical condition of Athlete. I will not disregard professional medical advice or delay in seeking it on behalf of Athlete on the basis of any

information received in connection with the Program or from FHA.

I understand that FHA shall not be liable for any damages arising from personal injuries Athlete may sustain as a direct or indirect result of Athlete's participation in the Program. I agree to defend, indemnify and hold harmless Falcon Hockey Association, its board members, officers, employees and agents for any and all liability caused for injuries or damages arising out of Athlete's participation in the Program, and shall pay all claims, damages, judgments, legal costs, adjuster fees and attorney fees incurred by Falcon Hockey Association and/or any of its officers, employees or agents in connection therewith.

PRINT NAME OF PARENT or LEGAL GUARDIAN:

PARENT'S OR LEGAL GUARDIAN'S SIGNATURE:
