

**Smithtown Central School District
Concussion Management Plan**

CONCUSSION GUIDELINES AND PROCEDURES

Education

a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possible increased risk for additional injury due to alteration in balance. These NYSPHAA current returns to play recommendations are based on the most recent international expert opinion. No student athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion or perceived concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free at rest for 24 hours and has a signed release by the treating clinician (CMO), she/he may begin the return to play progression created by the CMO (provided there are no other mitigating circumstances).

The school approved physician treating students with concussions should have specialized training in the ImPact program. The ImPact program is the preferred concussion management program which contains the most recent research necessary to treat concussions and provide an appropriate and safe progression to full time physical and cognitive activity.