

## **Immaculate Heart of Mary Concussion and Sudden Cardiac Arrest Policy**

The Immaculate Heart of Mary Athletic Commission requires adherence to the CYO policies regarding concussions and sudden cardiac arrest. CYO's policies are contained in the attached document.

Consistent with CYO's policies and in an effort to protect student-athletes, the Immaculate Heart of Mary Athletic Commission requires the following:

1. Prior to the start of each school year, the directors of athletics will distribute the CYO policy referenced above as well as this document to coordinators of each sport who have the responsibility of providing this information to all coaches in their respective sports.
2. Per CYO policies, all parents and student-athletes must read information sheets on concussions and sudden cardiac arrest and both parents and student-athletes must sign the form acknowledging that they have read and understand the nature and risk of concussions and sudden cardiac arrest. The forms will be available for review upon registration of a student-athlete to participate on the IHM website and the acknowledgment form must be signed and returned to an athletic director before a student-athlete is permitted to participate.
3. All head coaches and assistant coaches must take a concussion certification course. Coaches need to be certified every two years or when notified that new information is available and required for certification. Athletic directors are responsible to ensure coaches have completed a certification course. A list of courses will be made available and posted on the Indiana Department of Education website at <http://www.doe.in.gov/student-services/health>.
4. In addition, student-athletes who are eligible (10 years and older) for Baseline ImPact test (the "Test"), and who will be participating on any athletic team must complete a Test before they engage in practice or competition. Frequency of the test should be completed every two years, once in the second semester of 4<sup>th</sup> grade and once in the second semester of 6<sup>th</sup> grade. IHM school administration will ensure testing is completed on a timely basis for a participating student-athlete who attends IHM school. Any student-athlete who attends a non-IHM school is required to take the Test and provide verification to their coach prior to participating. Verification should be forwarded to the sport coordinator to provide to an athletic director to keep on file. Parents may access directions for taking the Test at the following link: <http://ihmindy.org/wp-content/uploads/2014/05/ImpactBaselineTest.pdf>

5. Concussion:

- a. A student-athlete should be pulled from play if he or she had a bump, blow, or jolt to the head or body. The student-athlete may be assessed by an athletic trainer or a licensed health care provider, if available. If the student-athlete exhibits any symptom associated with a concussion, he or she should be removed from play, parents should be notified and the student-athlete should not return to play for a minimum of 24 hours. Before returning to practice or play, the student-athlete must be evaluated by a licensed health care provider trained in the evaluation and management of concussions and head injuries, and a written clearance must be completed by licensed health care provider.
- b. A student-athlete who is suspected of having a concussion must sit out for at least 24 hours, even with a signed release from a licensed health care provider. A licensed health care provider, if available, can do an initial sideline evaluation of a student-athlete and may return the athlete to practice or a game if no concussion is suspected. However, if during this initial assessment, a concussion is suspected, the student-athlete must be removed from play for at least 24 hours, must be evaluated by a licensed health care provider trained in the evaluation and management of concussions and head injuries, and must receive written clearance before returning to play or practice.

6. Sudden Cardiac Arrest:

- a. If the symptoms of sudden cardiac arrest are suspected for any student-athlete, the recommendation would be to remove the student-athlete from play, notify the student-athlete's parents and recommend that the student-athlete be evaluated by a licensed health care provider before allowing the student-athlete to return to practice or play. The student-athlete should not be allowed to participate, practice or compete in an athletic activity until the parent has sent written permission to return to play to the school.
- b. If a student-athlete continues to exhibit signs or symptoms of cardiac arrest, the student-athlete should be removed from play each time he or she exhibits symptoms of sudden cardiac arrest and should not be returned to play without a verbal and then written follow up release to play from the parents.