

Cretin-Derham Hall

Co-Sponsored by the Sisters of St. Joseph of Carondelet and the Brothers of the Christian Schools

Concussion Policy

When a student sustains a head injury, it is essential for the student, parents/guardians, school nurse, athletic trainer, school counselor, and teachers to communicate, and work together during the recovery process. The purpose of this policy is to provide a guideline for concussion management at Cretin-Derham Hall, knowing that each case must be managed individually.

- If a student sustains a head injury while participating in CDH athletics, and the athletic trainer is present, the athletic trainer will perform the initial assessment, and contact the student's parents/guardians. Pending assessment, the athletic trainer may refer the student to an appropriate health care provider for further evaluation and treatment.
- If a student sustains a head injury, but is not participating in CDH athletics, the parents/guardians should schedule an appointment with an appropriate health care provider, and contact the school nurse.
- In order to receive accommodations from the school, the following items must be on file. Both are available on the CDH website, if a similar form is unavailable through the diagnosing provider/clinic.
 - Medical Clearance Form (for students participating in CDH athletics)
 - Academic Accommodations Form (for students requiring accommodations during school)
- When these items are on file with the school nurse, and/or the athletic trainer, the student's school counselor and other necessary CDH staff will be notified.
- If academic accommodations are in place, the school counselor will meet with the student to review his/her accommodations and to discuss expectations for class. The school counselor will also communicate the accommodations to the student's teachers.
- The student will follow up with the athletic trainer, school nurse, and/or school counselor in order to monitor symptoms, review academic accommodations, discuss any future appointments with health care providers, and/or discuss return to play in CDH athletics.
- If an outside health care provider was first to diagnose the concussion, the school must receive documentation from this provider clearing the student to begin a return-to-play progression for CDH athletics. The return-to-play progression will be established, and monitored by the athletic trainer in accordance with the Minnesota State High School League. The progression includes, but is not limited to the following:
 - Physical and cognitive rest
 - Light aerobic activity
 - Moderate, sport-specific activity
 - Heavy, non-contact activity
 - Full contact practice
 - Competition
- A post-injury ImPACT test will also be administered by the athletic trainer as part of the return-to-play progression before returning to full competition in CDH athletics.
 - CDH provides baseline ImPACT (Immediate Post-Concussion Assessment & Cognitive Testing) for student-athletes prior to each sports season. ImPACT is an online test administered by the athletic trainer, and scheduled for students participating in football, soccer, basketball, hockey, and lacrosse. Individual students may also schedule testing with the athletic trainer. It is strongly encouraged that CDH student-athletes complete a baseline test every other year, as it is an effective tool to assist in the return-to-play process.
- When the athletic trainer clears a student-athlete to resume full participation in his/her sport, the student will meet with his/her school counselor. The school counselor will create an academic plan to help the student complete any outstanding classwork.