

## Souhegan High School Head Injury Assessment Information for Parents and Athletes

Athletic Trainer Jessie Hilton [souheganatc@sau39.org](mailto:souheganatc@sau39.org) Athletic Director Kelli Braley [kbraley@sau39.org](mailto:kbraley@sau39.org)  
School Nurse Sherisse Salter [ssalter@sau39.org](mailto:ssalter@sau39.org)

Your daughter/son has been evaluated for a concussion. The provided information will guide you and your child through their recovery as well as their return to academics and athletics. If you have any further questions, please do not hesitate to reach out to any of us.

Rest is of extreme importance at this time. Your child should be resting from exercise, school work, and it is imperative they **eliminate/severely restrict screen time, including phones, gaming, television**. They should eat a well balanced diet and drink plenty of water.

Once your daughter/son no longer has any symptoms and appears back to normal behavior for at least 24 hours, they can slowly resume regular activities under the care of their support team.

Today, your child exhibited the circled/highlighted symptoms. If these symptoms increase or do not diminish they should be evaluated by their physician or at an urgent care setting. **Please do not give your child pain relieving medication at this time as it may mask any symptoms that may arise.**

Headache	Pressure in Head	Neck Pain
Nausea	Dizziness	Blurred Vision
Balance Problems	Sensitivity to Light	Sensitivity to Noise
Feeling "in a fog"	"Don't feel right"	Difficulty Concentrating
Difficulty Remembering	Fatigue or low energy	Drowsiness
Confusion	More emotional	Irritable

In addition, if they have any of the following, they should be seen immediately at an emergency room or urgent care:

**Slurred speech, loss of consciousness, seizures, abnormal behavior, weakness or numbness in the arms or legs, difficulty awakening.**

Your child should check in with the nurse first thing in the morning to have another symptom check and again in the afternoon with the Athletic Trainer. Once symptoms have alleviated, return to play/academics can begin.

## Souhegan High School Head Injury Assessment Information for Parents and Athletes

Athletic Trainer Jessie Hilton [souheganatc@sau39.org](mailto:souheganatc@sau39.org) Athletic Director Kelli Braley [kbraley@sau39.org](mailto:kbraley@sau39.org)

School Nurse Sherisse Salter [ssalter@sau39.org](mailto:ssalter@sau39.org)

### Return To Athletics:

**There should be a minimum of 24 hours between Steps. If any symptoms arise during a Step or at any time during the 24 hours post exercise, the athlete is to wait 24 hours after symptoms subside and the Step should be repeated. IMPaCT should be given prior to Step 1 and then again after Step 2.**

**Step 1:** Light exercise, including walking or riding an exercise bike. No weightlifting.

- o Walk or Stationary bike at low resistance for 10 minutes

**Step 2:** Running in the gym or on the field. No helmet or other equipment. Drills with no contact/low impact.

- o Jog/bike 5 minutes
- o 15 jumping jacks    15 lunges    15 sit ups    15 step ups-low    15 push ups
- o Jog/bike 5 minutes
- o Repeat for 20 minutes

**Step 3:** Non-contact training drills in full equipment. Weight-training can begin.

- o Run/bike with resistance 10 minutes
- o Sports Specific Drills as appropriate
- o 15 jumping jacks    10 dumbbell press    15 sit ups    15 leg press/lunge with dumbbells
- o Run/bike with resistance 10 minutes
- o Repeat for 30 – 45 minutes

**Step 4:** Full contact practice or training

**Step 5:** Game play

### Return To Academics:

**The following accommodations are available to students who have experienced concussions :**

1. The student will receive extended time (without penalty) to complete assignments and assessments, as agreed upon by the student and the teachers.
2. The student can have a partial schedule until symptoms improve.
3. The student can take short breaks to the nurse's office to re-focus or rest.
4. Teachers will provide notes when possible.
5. If it is less taxing for the student to hand-write assignments (as opposed to using the computer), then he or she will be allowed to do so.
6. Teachers will prioritize work so that only the essential work is expected as the student recovers. This includes make up work.
7. If the symptoms continue until the end of the trimester, the student can receive a grade of M.
8. Should the student need to lighten his or her load, he or she can withdraw from a class without penalty (W instead of WNC).

## **Souhegan High School Head Injury Assessment Information for Parents and Athletes**

Athletic Trainer Jessie Hilton [souheganatc@sau39.org](mailto:souheganatc@sau39.org) Athletic Director Kelli Braley [kbraley@sau39.org](mailto:kbraley@sau39.org)

School Nurse Sherisse Salter [ssalter@sau39.org](mailto:ssalter@sau39.org)

9. The student will be given the chance to resolve potential ANC (Administrative No Credit) grades ahead of time before they appear on the report card if he or she meets with his or her guidance counselor and completes some paperwork before the end of the trimester.

10. Student should **not** participate in physical ed. classes, and/or activities, until cleared by physician.

11. Teachers should check in with student prior to administering tests/assessments to check for preparedness. Extended time is permitted.