

CONCUSSION RECOMMENDATIONS

WHAT IS A CONCUSSION?

A concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness. Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases. Although concussions are most common in contact and collision activities, there is a high incidence of concussions in drum corps.

CONCUSSION RED FLAGS

If a member suddenly experiences ANY of the following symptoms, IMMEDIATELY contact the Health & Wellness team. If a Health & Wellness team member is unavailable, facilitate getting the member to the emergency room as soon as possible.

- Worsening headaches
- Seizure-like activity
- Neck pain
- Drowsy
- Unable to wake or loss of consciousness
- Slurred speech • Multiple bouts of vomiting
- Confusion • Weakness
- Unusual behavior changes
- Increase in irritability
- Change in pupils (not reacting to light or suddenly dilated or pinpoint)

PRECAUTIONS: BASELINE ASSESMENT

- All members will complete a baseline concussion assessment prior to the beginning of the season.
- If a member sustains a concussion during the season and misses the timeline for retesting, their baseline test will be conducted at the end of their Return to Perform progression.

RECOGNITION: POST-INJURY SCREENING

- If signs of concussion are observed, the member will be removed from activity and assessed. We encourage members to discuss questions about their health with staff or with the Health and Wellness Team.
- The member will be reassessed as needed until the member has no symptoms for 24 hours and/ or has returned to their pre-injury/baseline state utilizing the Post-Concussion Symptom Scale.

MANAGEMENT: MEDICAL RECOMMENDATION

- Staff will immediately inform the Health & Wellness team of any member that sustains an injury during rehearsal that involves trauma to the head.
- The Health & Wellness team will obtain injury details and assess the member. If symptoms are noted by the Health & Wellness team, then the member will be excluded from all participation until such time as the member is medically cleared to return to activity. If the member is under 18, administration will contact the parents directly.
- The Health & Wellness team will notify the director and appropriate staff.
- If the member is taken to a walk-in medical center or emergency room, the member will be accompanied by the Health & Wellness team or administrative staff. The member will then need to follow-up with the Health & Wellness team as well as the supervising physician for retesting and medical re-evaluation before returning to physical activity as prescribed by the physician/NP.
- Once the member is symptom free for 24 hours, they will then be reassessed by the Health & Wellness team before returning to physical activity. The member cannot participate in any performance or events until they have successfully completed the full RTP Four-day progression and remained symptom free.
- If the member experiences symptoms anytime throughout the four-day progression (same or different that original injury), the member will be removed from activity until symptoms subside. The member will then restart the RTP progression on the following day with the rest day determined by a physician.

RETURN TO PRACTICE PROGRESSION

HORNS/PERCUSSION

- DAY 0 – Decrease stimuli and rest for the remainder of the day. Member will be checked frequently by Health & Wellness team to ensure symptoms have not increased or worsened.
- DAY 1 – Marching basics (Visual) w/o instrument and stand-still playing, (no ensemble).
- DAY 2 – Marching basics (Visual), w/instrument and stand-still playing, (no ensemble).
- DAY 3 – Marching basics (Visual), drill and stand-still playing, (no ensemble).
- DAY 4 – Full participation.

COLORGUARD

- DAY 0 – Decrease stimuli and rest for the remainder of the day. Member will be checked frequently by the Health & Wellness team to ensure symptoms have not increased or worsened.
- DAY 1 – Flag/Weapon basics, no equipment. Body warm-up and stretch, no across the floors, (no ensemble)
- DAY 2 – Full basics block with equipment, no tossing. Dance with across the floors, (no ensemble).
- DAY 3 – Sectionals, spinning on the move, dance/across the floors. (no ensemble).
- DAY 4 – Full participation.