Noble and Greenough School Concussion Protocol

During the academic year, the Nobles Concussion Protocol supports the academic, physical, and emotional well-being of a student that has been diagnosed by a physician with a concussion, and is in coordination with the recommendations of the involved overseeing physicians. The School Nurses and Athletic Trainers will lead a concussion management team and work together to relay all pertinent medical information relating to the student’s head injury throughout the student’s recovery. A concussion management team (CMT) for each student will include the following:

- Middle School:
  - Middle School Head, School Nurse, Director of Sports Medicine, Middle School Counselor, Student’s advisor, Class Dean

- Upper School:
  - Upper School Head, Dean of Students, School Nurse, Director of Sports Medicine, Upper School Counselor, Student’s advisor, Class Dean

Step 1: Notification and Precaution  Whether an accident that results in concussion symptoms occurs during a Nobles-sponsored activity or outside of school, the nurses or athletic trainers need notification of the injury as quickly as possible. Once notified, email correspondence of the injury will be sent to the CMT and teachers in order to properly support the student until further evaluation occurs. Close assessment of the student by Nobles Health office and/or Office of Sports Medicine will determine whether a physician referral and evaluation are required. If this is judged as necessary then the School Nurse or Athletic Trainer will communicate the directive to the parent. Academic accommodations will be initiated and the student will be withheld from Noble’s afternoon program activity.

Step 2: Physician Diagnosis  Nobles requires written documentation from the student’s physician or concussion specialist regarding evaluation and diagnosis of the head injury. A concussion diagnosis and treatment plan will trigger the next steps of the protocol in coordination with any recommendations from the doctor. Not all concussion management plans will be the same and some concussion management plans may incorporate light physical exertion into the management of the injury as supported by recent concussion research.

*Nobles and its representatives reserves the right to always treat all suspected injuries, including concussions and concussion precautions, conservatively, erring on the side of caution, and at the discretion of the Health Office and Office of Sports Medicine.*

Step 3: Return to Academics/Academic Accommodations  The time it takes to recover from a concussion varies for each student. The general progression to return fully to academics involves moving through the Rest, Passive Learning, and Active Learning recovery stages. The CMT implements plans that include educational accommodations based on reported symptoms and in coordination with any recommendations by his/her doctor. In the early portion of this step, a school counselor will meet with the student to discuss challenges that can present themselves within a concussion recovery. Continuous communication between the CMT, parents, student, and physician allows for updated information that
may necessitate changes to the academic plan during the student’s recovery.

**Step 4: Return to Nobles Afternoon Program Participation.** Once academically cleared (full day of school, a regular load of academic work, eligible for testing, etc.) and symptom-free the student may begin the Return to Physical Activity Progression aspect of the protocol that is managed by the athletic trainers. This step in the student’s return to their afternoon program must be accompanied with a letter/note from the overseeing physician that clears the student to do so. This may be obtained before or after the Return to Physical Activity Progression has been initiated.

The progression will consist of 5 days of supervised physical exertion that is designed to provoke symptoms if the student is still concussed. Upon successful completion (no return of symptoms, or setbacks) and in conjunction with the written clearance from the student’s physician, concussion specialist, the student is eligible to participate fully (*including contests). A parent will finalize with an agreement (verbal or written) for her/his child to return fully to Noble’s physical activity. This step must be completed BEFORE the student is permitted to return fully to practice or competition.

*A student’s first full day of return to sport may NOT be a game or contest against an opposing school. They must complete a full and regular practice while remaining symptom-free before returning to competition.*