Noble and Greenough School Concussion Protocol

The Concussion Protocol has been developed by the Concussion Management Team (CMT) to support the academic, physical, and emotional well-being of the concussed student. In the Upper School, the CMT consists of the Head of the Upper School, Dean of Students, School Nurse, the student’s advisor, and the Concussion Management Coordinator (CMC). In the Middle School, the CMT consists of the Head of the Middle School, School Nurse, the student’s advisor, and the CMC. While an athletic trainer might relay the initial diagnosis to the parent and CMT, the School Nurse is the conduit for all medical information relating to the student’s concussion. The student’s advisor serves as the point person with both parent and student as it concerns the action plan that is in place. The CMC manages and coordinates the various levels of communication throughout the recovery stages with the other Nobles faculty working directly with the student (including teachers, coaches, counselors, tutors). The CMC will also make initial contact with the parents/guardians to present an overview of this protocol and the return of their child to all Nobles activities.

1 Notification

When a concussion is suspected or identified through a Nobles activity then a parent/guardian of the student will be notified by either the School Nurse or Athletic Trainer and Nobles protocol will be sent. Should the injury occur outside of Nobles supervision then the parent/guardian should inform the School Nurse within 48 hours of the incident. The parent/guardian will be required to consult with the student’s physician about the injury and inform the physician of the Nobles Concussion Protocol.

2 Diagnosis

An official diagnosis of possible concussion is made either by an outside physician or through Nobles’ protocol of ImPACT test and consultation with a concussion specialist. The School Nurse or athletic trainer will communicate the initial diagnosis to the parent/guardian and CMT.

3A Post-concussion testing

After the concussion diagnosis and initial ImPACT testing, there is a minimum 5-day period in which there is no participation in any Nobles physical activity. Once this time frame passes and the student is also symptom-free, a second ImPACT test is administered. The results are again sent to the concussion specialist for review and recommendations. Subsequent testing to further assess recovery may be required at the recommendation of the concussion specialist.

3B Educational accommodations

Educational accommodations are implemented for the student once a concussion is diagnosed. The amount and type of course work during recovery from the concussion is individualized due to the variability in symptoms experienced. The time it takes to return fully also varies for each student. 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. Once fully cleared to return to academics, the student will be allowed to progress into full clearance with his/her Nobles physical activity.

4 Return to Nobles Physical Activity (4 Days)

Once cleared through 3A & 3B, the student begins physical exertion testing under the supervision of Nobles Athletic Trainers. These tests (age & level appropriate) run 20-30 minutes on two separate and consecutive (ideally) days. They may be stand-alone or integrated with aspects of the student’s physical activity. The ImPACT test is administered after the 2nd exertion. With a passed test and no recurrence of symptoms the student is then cleared for participation in two full practices on separate days. Upon successful completion (no symptoms or setbacks), the student is eligible to participate fully (including contests) and without accommodation pending written clearance from a physician. A parent will finalize with agreement (verbal or written) for her/his child to return fully to the Nobles physical activity.
**Noble and Greenough School Concussion Protocol**

**1. Notification**
- *School to parent/guardian or Parent/guardian to School*  
  *Parent/guardian to Physician*

**2. Diagnosis**
- **NOBLES** ImPACT test (as close to 24-48 hrs post-accident as possible)
- **“OUTSIDE”** medical doctor or group used by family to help diagnose / advise

**3A. Post-Concussion Testing**
- NO CONCUSSION
  - 5 Days (after 1st test)  
    *no sport involvement*
  - Symptom Free
  - 2nd ImPACT test
  - Concussion Specialist review
- CLEARED

**3B. Educational Accommodations**
- CONCUSSION
  - REST
    *sleep as much as possible (no alarm)*  
    *no screen for any length of time (TV, videos, computers, texting, Facebook, Smartboard, etc.)*  
    *no reading, taking quizzes or tests, etc.*
  - PASSIVE LEARNING
    *come to school after wake up (no alarm)*  
    *no assembly*  
    *attend class but only listening (no notes, reading, screen, etc.)*
  - GRADUAL REENTRY
    *be at school by 8:20 & no assembly*  
    *work according to approved action plan*
  - CLEARED

**4. Return to Nobles Physical Activity (4 Days)**
- Physical Exertion Testing (2 days)  
  *ImPACT testing after 2nd exertion*
- 2 Full Practices (2 days) in Physical Activity
  CLEARED for FULL PARTICIPATION

**Support Faculty & Staff**
- CMT
  - CMT Approved Action Plan
  - Parent & Student

**Continual Review/Updates of Action Plans**