

Winona Area Youth Hockey Association

Concussion Management Program

Effective September 2012

"I think my child has signs and symptoms of a concussion due to playing hockey."

"Now what happens?"

First and foremost, REST YOUR CHILD. This means no sports, no video games, no television, no music, and keep the child home from school until seen by a doctor. Avoid any stimulating situations like crowded shopping malls, parties. Some light reading is probably OK. Your child needs to REST THE BRAIN.

Mild to moderate headache is common after a concussion. You may give Tylenol if your child complains of a headache. Do not give ibuprofen (Advil or Motrin), aspirin, naprosyn (Alleve) or any other pain medication other than Tylenol. If your child becomes unconscious, displays anything that looks like a seizure, vomits, or complains of an unbearable headache, then take the child immediately to an emergency room or call 911.

Next, we will follow the steps below:

- 1) The WAYHA Board of Directors must be notified of the concussion immediately. This can be done by a parent or the coach. The easiest way to notify the board is to contact Lee Trombetta (Home: 507-452-5984/Cell: 429-8864/Work: 507-457-7768). The player will be put on a disabled list and not allowed to play hockey until cleared by a health care provider.
- 2) The WAYHA Board will communicate with the coaching staff so that the coach knows to restrict the player from playing hockey until medically cleared.
- 3) Next, your child needs to be evaluated by a doctor or certified athletic trainer. *We strongly encourage that you use the program provided by the WAYHA.* The parent can call 507-474-3338 as soon as possible on the next business day following the concussion. Or, the parent may call Lee Trombetta directly, (Home: 507-452-5984/Cell: 429-8864/Work 507-457-7768) who will initiate the process and help you along the way. This will enter the player into the post-concussion management program administered by the Winona Youth Sports Safety Committee. The *ImpACT* test program will be used to help determine when it is safe to return to play. Your child will be tested after the concussion, and the results will be compared to the baseline test that they took at the beginning of the hockey season. If your child is under 10 years old, *ImpACT* testing software cannot be used, but the Winona Sports Safety Committee's program may still be used to determine when it is safe to return to playing hockey.
- 4) Please also remember to get a note to have your child excused from Physical Education. They should be out of Phys Ed until released by the treating health care provider.
- 5) You may use any physician that you choose to treat the concussion. We do not mandate that you use the Winona Sports Safety Committee program, and we do not mandate that you see a physician at Winona Health. You are welcome to see your own doctor. However, it is strongly encouraged that all WAYHA players use the Winona Youth Sports Safety Committee program run thru Winona Health. If you see a

doctor outside Winona Health, then *Impact* testing may not be available to you. Also, once we get a note saying it is safe for your child to return to playing hockey, they can start the “return-to-play” process. A note from the doctor does NOT mean that your child can immediately play in a hockey game. It means they can start a gradual, supervised return to play process.

- 6) If you choose to use the Winona Youth Sports Safety Committee program, doctors and athletic trainers will decide when it is safe for your child to start gradually returning to full speed hockey. They may also decide if other testing is necessary, such as CT scan, MRI’s, or consultation with a neurologist or other specialist.
- 7) The parent and or treating physician must send a written doctor’s note via fax (507-457-7690, and please write “attn: Lee Trombetta” on the coversheet), e-mail (ltrombetta@winonahealth.org), or by hand to Lee Trombetta when it is felt that the child can start playing hockey again. The note will be filed with the WAYHA Board.
- 8) The accepted medical standard of care is that after the player is released to return to play, they should have a period of *gradually* increasing physical activity without contact to determine if the concussion symptoms which they initially experienced return. A stepwise return-to-play plan will be administered by the player’s coaching staff and parents. So, once the doctor’s note is turned in, the player is *gradually* returned to full speed hockey. The doctor’s note does not mean the child can immediately play in a hockey game.
- 9) Any recurrent or on-going symptoms of concussion should be reported immediately to the coach, a board member, or by calling the Winona Youth Sports Safety Committee in step #3 above, or your child’s doctor.
- 10) Lee Trombetta (a Winona Health physician, *ImPACT* provider, member of the Winona Sports Safety Committee, and WAYHA Board member) is available at any time to answer questions about your child’s concussion, the concussion management program, *ImPACT* testing, return-to-play clearance, or any other concussion related issues. Please contact him via e-mail at ltrombetta@winonahealth.org or call 507-452-5984 or 429-8864 with any question. Or feel free to pull him aside at the rink any time to talk.
- 11) There was some confusion last season about billing/costs. You will not be billed for any of the *Impact* testing. This includes the initial baseline screening tests or any other *Impact* tests required if your child sustains a concussion. You will, however, be billed for the doctor’s visits, just the same as if you hurt your knee or got strep throat or whatever. If your child gets a concussion and is seen at Winona Health, *please check your medical bill*, and if there is any charge on there for the *Impact* test itself, contact Lee Trombetta immediately to rectify the situation.