

The concussion Management Plan at New Trier is designed to help the athlete return to athletics in a timely and safe manner.

## Symptoms:

### Recognition & Reporting

Concussion symptoms differ with each athlete and each injury, and may not appear for hours or days.

Symptoms can include:

- Headache
- Confusion
- Difficulty remembering
- Trouble paying attention
- Balance problems
- Dizziness
- Feeling sluggish or hazy
- Feeling foggy
- Nausea or vomiting
- Slowed reaction time
- Sleep problems
- Feeling irritable or emotional

### *Why Should I report my symptoms?*

It is a dangerous condition and can result in permanent damage to the brain.

# Returning to Athletics

## What you need to know

- If you are having symptoms please see the Athletic Trainers immediately!!!
- ALL athletes suspected of having a concussion must see a physician (MD, DO) to help in the evaluation & management of their concussions, and the RTL/RTP protocol.
- Return to learn protocol must be completed, prior to returning to play.
- ALL athletes must complete a return to play (RTP) program with the Athletic Trainers at New Trier in order to return to participation. The program will take a minimum of 5 days to complete.
- Athletes should not be doing the program at home or on their own. This program must be done under the direct supervision of the Athletic Trainers.

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## New Trier Township High School

*TO COMMIT MINDS TO INQUIRY, HEARTS TO COMPASSION, AND LIVES TO THE SERVICE OF HUMANITY*

# CONCUSSIONS MANAGEMENT



TEL: 847.784.2297

## 5 PHASE RETURN TO PLAY (RTP) PROGRAM

## CONCUSSIONS

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\*Must be completed in the high school athletic training room.

\*Athlete must be symptom free for 24 hours before beginning

Phase 1:

\*No strenuous concentration tasks  
\*Light activity

Phase 2:

\*Mild concentration tasks  
\*Increase in light activity levels  
\*Balancing exercises

Phase 3:

\* Increase in concentration tasks (video games, texting, etc)  
\*Moderate exercise level  
\*Agility & Balance drills

Phase 4:

\*Sports Performance training  
\*Non-Contact drills  
\*Plyometric training

Phase 5:

\*Full exertion & training  
\*Initiate supervised contact  
\*Return to unrestricted participation after physician clearance.

### Concussions:

Information for New Trier Athletes

- ◆ A concussion is a brain injury that affects how your brain works and can be caused by a blow to the head or body.
- ◆ A concussion can happen even if you have not been knocked unconscious
- ◆ Our expectation is to have a Brain Check baseline test for each athlete
- ◆ If you suspect you have a concussion you should report your injury to the coach and/or athletic trainer immediately so proper evaluation and treatment can begin.
- ◆ It is important to not hide any symptoms you may experience.
- ◆ Our guidelines are part of the New Trier Township High School District 203 Board of Education Policy 7-306

WHAT SHOULD YOU DO IF YOU THINK  
YOU HAVE A CONCUSSION?

*Report It...*

*Do Not Hide IT*

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