I. INTRODUCTION:

In accordance with Maryland Legislature, XLNTBrain Sport has developed a policy and procedure for the implementation of a concussion management program for The Calverton in the state of Maryland for student-athletes, parents/guardians and medical professionals. XLNTbrain Sport provides comprehensive web-based concussion management program that provides the following mandatory elements:

- Education for the student athlete, parent and medical professional, coach that includes:
  1. The nature and risk of a concussion or head injury
  2. The criteria for removal from and return-to-play
  3. The risk of not reporting injury
  4. Appropriate academic accommodations

- Includes reports that document verification of the coach receiving concussion risk and management information training and the parent/guardian acknowledging receipt of concussion awareness information, athlete completion of baseline neurocognitive testing, the number of concussion incidents reported, and the duration from time of concussion to medical clearance to return to normal activity and gameplay.

- Allows for baseline testing to be completed at any internet connected computer,

- Enables the athlete to complete a symptom checklist during their recovery on their internet connected Smart Phone, tablet or computer,

- Allows the coach or Athletic Trainer (where available) to track the athlete's compliance with pre-season mandatory concussion education, baseline testing, and manage the concussed athlete during their recovery utilizing the dashboard in the computer program.

- Provides a responsible adult (such as an Athletic Trainer, assistant coach, volunteer parent or medical personnel) with the ability to perform a sideline assessment and/or balance test on the field or in the locker room at the time of injury using their Smart Phone or paper version of the assessment.

- Allows athlete’s parent/guardians to invite their own medical professional to participate in the XLNTbrain Sport Concussion Management Program in the care of the athlete should a concussion occur. This participation is free of cost to the medical professional.

- Immediately notifies the athlete's parent/guardian, Athletic Trainer or other designated medical professional at the time a concussion is reported by email contact.

- Educates the medical professional and identifies their role in the program, reviews the elements of the web-based program and allows them to be notified when a concussion occurs and enables them to coordinate the care and recovery of the athlete so that there is a safe return to school and play, including provision of a Concussion Care Plan with
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appropriate procedures for physical and academic accommodations to student athletes that have been diagnosed with a concussion, that is easily accessible by school administrators.

The XLNTBrain Sport Concussion Management Program meets and exceeds the requirements of <State> law as listed above. This comprehensive web-based program provides the user with the tools to effectively manage and track the concussed athletes, promotes consistent documentation throughout the state and through the medical professional, safely returns the athlete to play.

II. POLICY STATEMENT:

It is the policy of The Calverton School for all student athletes, parents/guardians, Athletic Trainers, coaches, Athletic Directors and educators to be cognizant and comply with the Maryland –legislation which was enacted to protect students from the dangerous effects of concussions.

Maryland provides protections for students who are suspected of incurring a concussion during practice or play. Any such student will be removed from practice or play and returned only after clearance by an appropriate licensed health care professional. The legislation also calls for the <State> State Department of Education to implement concussion awareness programs for coaches, school personnel, student athletes and parents/guardians. Students and their parents/guardians will sign a concussion information sheet before participating in any sport. This applies to sports events played on public school and Parks & Recreation lands.

By this policy, The Calverton School will utilize XLNTBrain Sport Concussion Management Program© to meet and exceed the requirements of the concussion management in Maryland.

Definitions:

The definition of ‘concussion’ will stand in accordance with the Zurich 2012 Consensus Statement:

“a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.”

Included in the definition are five major features of a concussion:

1. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Loss of consciousness occurs in less than 10% of concussions. Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that, in a small percentage of cases, post-concussive symptoms may be prolonged.
5. No abnormality on standard structural neuro-imaging studies (CT or MRI) is seen in concussion

Medical Professional means a licensed physician, physician assistant or certified Athletic Trainer, a licensed psychologist with specialty training in neuropsychology (neuropsychologist); or a licensed nurse practitioner.

Return to play means participation in a non-medically supervised practice or athletic competition after a period of exclusion.

Student athlete means a student participating in any try-out, practice or contest of a school team.

Educators means those directly responsible for administrating or coaching interscholastic athletic programs within a school or county and those employees of the school or school system with overall responsibility for student-athletes’ academic performance and medical well-being.
III. PROCEDURE:

A. All student athletes, parents/guardians, coaches, and Athletic Directors associated with The Calvert School will complete the required concussion education. Athletes will also have baseline neurocognitive testing encompassed in the web-based XLNTBRAIN Sport Concussion Management Program© prior to the beginning of each school year. No athlete will be allowed to participate in any activity until the education and testing has been completed. There are no exceptions. The steps are listed below.

1. The Athletic Director of each school will create a single unique XLNTbrain Sport passcode for coaches and a separate XLNTbrain passcode for Athletic Trainers (if available) and one for student athletes-parent/guardians.

2. All coaches in each school will sign in to the www.XLNTbrain.com website, enter their passcode and assign themselves to their team(s) (e.g. Varsity Football). Each coach will then watch a 10 minute educational video that reviews content regarding sport related concussion injury as mandated by State law.

3. Each coach/Athletic Trainer downloads and prints the Instructions Letter for Athletes and Parent/Guardians which contains their passcode and passes a copy of this letter to each athlete.

4. Each student athlete will sign in to the www.XLNTbrain.com website using their passcode and view the 10 minute concussion awareness video and take a quiz to demonstrate concussion awareness education from any internet connected computer.

5. Parents of minors will also sign in to the www.XLNTbrain.com website using their passcode, and view the concussion awareness video and take the concussion awareness quiz.

6. Each student athlete will then take the XLNTbrain-Cog baseline test online. Depending on the school organization’s policy, this may be attempted at home with parental supervision, or in the schools’ computer labs. In the event that there is a poor performance or invalid test on a baseline test that was not taken under supervision in the school, the Athletic Director will be notified of the poor performance and the student athlete will be required to repeat the test under supervision in the schools’ computer lab, if indicated.

7. Athletic directors, Athletic Trainers, coaches, athletes and parent/guardians will be able to monitor for non-compliant student athletes from their XLNTbrain dashboard. These students may not participate in sport activities until they have met the requirements as outlined in this policy.

8. Before the beginning of each season a responsible adult will be assigned the task of Concussion Coordinator, responsible for assessing potentially concussed athletes on the sidelines. This person can be an assistant coach, volunteer parent, Athletic Trainer or EMT/medical personnel and should be present at all practices and games. The Concussion Coordinator will become familiarized with the XLNTbrain Concussion Management Program and the XLNTbrain Sideline Assessment Tool, printed or electronic versions.

9. In the event of a potential concussion, the Concussion Coordinator will have the authority to remove the athlete from play, and perform an assessment using the XLNTbrain Sideline Assessment Tool© and determine the student outcome: return to game (no concussion), go to Emergency Department or home. The most conservative approach is appropriate. “When in doubt, sit them out.”

10. Student athlete required to rest and report symptoms via internet based computer or smartphone on a daily basis. Reminders will be sent to the student athlete on a daily basis. For concussed athletes that do not have internet access,
the Athletic Trainer or school nurse may assist them to input their daily symptom checklist using a school computer. If the athlete is placed on home rest, the Athletic Trainer or school nurse may contact the student athlete by phone to assist them in reporting symptoms.

11. If an Athletic Trainer or other medical professional is not available, the athlete (or minor athlete’s parent or guardian) will contact a medical professional for further evaluation and management. Even if this medical professional was not initially contacted in the preseason period, this person can join and use the XLNTbrain Sport Concussion Management Program at the www.xlntbrain.com website at anytime free of cost.

12. At the Athletic Trainer’s/medical professional’s discretion, the athlete will take the XLNTbrain-cog test in the Athletic Trainer’s/medical professional’s office as soon as possible after the concussion incident to determine if there is any impairment of cognitive performance related to the event.

13. Per standard of care, the student athlete is to be placed at relative rest until asymptomatic at rest. When the injured student athlete is asymptomatic, at the medical professional’s discretion, the athlete will repeat the XLNTbrain-Cog test in the medical professional’s office to assess recovery of cognitive performance. The results of the test will be reviewed by the medical professional. A determination of the need for continued rest or 5 step progression to full exertion will be decided at this time by the Athletic Trainer/medical professional.

14. If rest is ordered, student athlete will continue to track symptoms on the daily symptom checklist, and will be reassessed as indicated by the medical professional.

15. If 5 step progression to full exertion is ordered, the coach or Athletic Trainer/trainer may appoint a designee such as a coach, who will challenge the student athlete with a standard progression of exertion and document the response using the XLNTbrain Sport Concussion Tracker each day. If no symptoms are experienced the student athlete may progress to the next level of exertion. If symptoms are experienced, the student athlete will stop the activity and rest the remainder of the day until no longer symptomatic. If asymptomatic the next day, the student athlete will re-challenge the level in which he/she experienced no symptoms and progress as indicated. The student athlete should not progress to the next level if symptoms are experienced. The coach or Athletic Trainer will provide updates on the student athlete’s progress daily through his dashboard on the XLNTbrain website.

16. Once at full exertion and no symptoms on no medication and final XLNTbrain-Cog testing remains at baseline, the Athletic Trainer/medical professional will determine whether the student athlete may return to play.

B. The responsibilities of each participant will be listed below:

**Athletic Trainer:**
- Supervise athletes and track recoveries.
- Manage program-revise as necessary to meet the needs of your athletes
- Evaluate risks and improvements-report quarterly

**Student Athlete:**
- Complete requests for testing, education review in a timely manner.
- Be honest with reporting and evaluation of symptoms
- Report potential concussion events of other athletes to the Concussion Coordinator
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- Follow appropriate contact guidelines in all physical activities. Be responsible - Do not endanger self or others by engaging in high-risk behavior.

Parent/Guardian:

- View educational video annually. Documentation of this is required.

- Support their student athlete by following guidelines of concussion management program.

Coach:

- Ensure the safety of all athletes by supporting the concussion management program.

- View educational video annually. Documentation of this is required.

- Upon clearance from the medical professional, guide the recovering athlete through a 5 step progressive exertion program and update the athlete’s status on the XLNTbrain Sport website after each step.

Concussion Coordinator:

- Become familiar with the XLNTbrain Sport Concussion Management Program

- Become familiar with the XLNTbrain Sideline Assessment Tool

- Administer sideline assessments for potentially concussed athletes

- Coordinate post concussion activities between athletes, parents, medical professionals, Athletic Trainers, and coaches.

Medical Professional:

- View educational program for the Medical Professional.

- Review reports on concussed athletes.

- Track injured athlete’s symptoms on the XLNTbrain dashboard.

- Administer XLNTbrain-cog testing in their office.

- Provide the school system with appropriate physical and academic accommodations during the athlete’s recovery period.

- Clear the athlete for normal activity and gameplay in accordance with the standards of medical care.