



Concussion Protocol

Club members suspected of sustaining a head injury must be immediately removed from activity and the accident/incident reported to the Sport Programs Staff. Failure to report a suspected concussion, whether you are the injured student, a club member, or affiliate, could result in disciplinary action for the entire club.

Baseline Concussion Test Requirement

Florida Gulf Coast University Sport Clubs members participating in designated “high risk sports” for head injury are required to undergo baseline neuropsychological (ImPACT) testing prior to any competition associated with the student’s membership.

Risk Level 3	Risk Level 4
Baseball	Cheer
Basketball – Men	Equestrian
Lacrosse – Men	Football
Medieval Combat	Gymnastics
Roller Hockey	Ice Hockey – Men
Soccer – Men	Quidditch
Soccer – Women	Rugby – Men
Softball	Rugby – Women
Volleyball - Women	Water Polo
	Wrestling

Suspected Concussion

If the student has completed a baseline concussion test and have a suspected head injury, must schedule a post-injury concussion test 24-72 hours after injury occurred with the Sport Programs Staff. A physician can use the information gathered in the concussion test to help assess the student’s return to play status.

Return to Play Procedure

A member who has been removed from an activity due to a suspected severe medical-related injury or incident may not return to practice or competition until they submit, to the Sport Program Staff, a written medical clearance from a qualified physician stating that the student no longer exhibits signs, symptoms, or behaviors consistent with the injury. The return procedure is as follows for a severe medical-related injury or incident:

1. Accident Report filed and submitted to the Sport Programs Staff.
2. **For suspected head injuries:** If the student has completed a baseline concussion test and have a suspected head injury, must schedule a post-injury concussion test 24-72 hours after injury occurred with the Sport Programs Staff.
3. Student visits Student Health Services or other qualified physician; physician must clear the student, in writing, before returning to play. Options available for return to play clearance:
 - a. Cleared to return to play without restriction.
 - b. Cleared to return to play with restrictions.
 - c. Cleared to return to play without restrictions on a specific date.
 - d. Return appointment with physician required.
4. If a more extensive injury is suspected, physician will refer the student to a local physician or specialist for further care. The student cannot return to play at this stage.

Failure to be compliant with any medical plan of care, as deemed necessary by a physician or athletic trainer, can result in medical disqualification for the student from all Sport Club activities.

Recognizing, Managing & Reporting Concussions

RECOGNIZE

To help recognize a concussion, watch for the following two things in a person:

- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.
AND
- Any change in their behavior, thinking, or physical functioning.

MANAGE

If you suspect that an individual has a head injury, you should take the following steps:

1. Remove the person from play.
2. Ensure that the person is monitored by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself.
3. Inform the person about the concussion management procedure and give them the fact sheet on concussion.
4. Keep the person out of play the day of injury *and* until a *qualified physician gives written clearance that it's ok to return to play.

REPORT

Club officers or coaches are required to report ALL injuries, including suspected head injuries, to the FGCU Sport Clubs Office within 24 business hours. Students reported to have sustained a head injury will need to complete a post-injury ImPACT test 24-72 hours after injury.

Frequently Asked Questions

What is a Concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Most concussions occur without loss of consciousness.

What is the ImPACT test?

The ImPACT test provides data via a computerized neurocognitive assessment tool that is used by medical doctors, athletic trainers, and other licensed healthcare professionals to assist in determining an individual's ability to return to play after suffering a head injury. The test is 20-30 minutes in length, and uses six modules to collect information on attentional processes, visual recognition, and response time, among other items.

When do members have to take the baseline test?

Prior to participating in a Sport Club. After completing a participation waiver for a club that has been identified as a high-risk club an email will be sent to the club member. Students can take these tests from their personal computers or stop by the Sport Club Office to utilize a work station.

How often do I need to take the test?

That depends on the type of test. A club member only needs to complete the ImPACT **baseline test** once an academic year. This means students who join other clubs are already covered by their one baseline test. A **post-injury test** is required each time after a suspected head injury, within 24-72 hours of the incident.

What are scores used for?

ImPACT post-injury scores are compared to baseline scores to determine the effect a potential head injury may have had on a student. However, ImPACT is not a replacement for a medical evaluation after a concussion or to determine return to play status; ImPACT results simply provide medical professionals an additional tool to help them evaluate patients.

How do I access my results?

Test results are stored on the ImPACT server, which are only accessible by authorized staff at FGCU. Results are not shared with anyone, and will only be reviewed if a suspected head injury occurs. Students may request a printed copy or PDF of their results by contacting the Sport Club Office or sportclubs@fgcu.edu. Due to FERPA and HIPAA regulations, this information can only be released to the student listed on the ImPACT record, their guardian (if a minor), or a physician.

How do I know if a student has been cleared?

Students must provide proof of return to play status from a physician to the Sport Clubs Office. An email will then be sent to the club officers confirming the student's status. Students are not permitted to return to play before this confirmation email is sent by a Sport Clubs staff member.