



Head Injury/Concussion Instruction Sheet

As per the recommendation of the New York State Education Department, the Oyster Bay-East Norwich School District has adopted a Concussion Policy. All students that sustain a head injury, either in school or at home, will be required to see a doctor or Concussion Certified Specialist and complete a Return to Play (RTP) protocol before they can participate in Physical Education class or athletics.

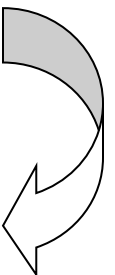
*If your child has sustained a head injury, the signs & symptoms that could arise during the **next 24- 72 hours** are:*

- | | |
|---------------------------------------|-------------------------------|
| Headaches | Memory dysfunction |
| Nausea | Balance problems |
| Vomiting | Noise sensitivity |
| Feeling slowed down | Numbness/ tingling |
| Difficulty concentrating | Trouble falling asleep |
| Dizziness | Increased sleep |
| Fogginess | Decreased sleep |
| Fatigue | Emotional |
| Visual blurring/ double vision | Irritability |
| Light sensitivity | Nervousness |
| Sadness | Drowsiness |

Please do not give your child any new medications without consulting your doctor. Rest is the best medicine after sustaining a head injury. Check periodically on your child for any of the above symptoms. Limit your child's use of the TV, radio, computer and phone (text/email), as well as their reading & studying. Your child should not participate in any physical activity or stressors.

IF ANY OF THESE SIGNS AND/OR SYMPTOMS BECOME SEVERE, YOU WILL NEED TO TAKE YOUR CHILD TO THE EMERGENCY ROOM.

*Please see reverse side for the **Return to Play protocol** used by the Oyster Bay-East Norwich Athletic Department*





Oyster Bay-East Norwich

CENTRAL SCHOOL DISTRICT

Kevin Trentowski, Athletic Director
Christopher Schragger, Athletic Trainer

Post Head Injury Care

Head injuries and concussions are sometimes referred to as “the invisible injury.” Because there are many variables affecting how a child may recover, we take extra care with all of our student-athletes to bring them back at an appropriate pace.

Once symptom-free, you will need the following to return to physical education, practice, and competition:

1. Doctor’s Clearance:

- I. Visit your **family doctor** and have your child checked out and given a plan for recovery. If they are cleared, we ask that the doctor write **“Clear for activity- no concussion symptoms.”**

If your child has an **ImPACT baseline test** on file you have a second option:

- II. Call a **Credentialed ImPACT Consultants (CIC)** in the area, such as those listed below. These offices can provide the *best information* regarding the extent of your child’s head injury by comparing cognitive functioning from the baseline testing. Our Athletic Trainer can provide you with the baseline scores we have on file for your appointment.

Rudansky & Winter, MD, PC Neurology and Neuropsychiatry- (631) 351-1250
755 New York Avenue, Ste. 309
Huntington, NY 11743
<http://rudansky-winter.com/>

Neurocognitive Diagnostic and Treatment Clinic, LLC – (888) 290-7460
Dr. Joel Becker (Neuropsychologist)
144 Woodbury Road. Suite 18, Woodbury, NY 11797

The Long Island Concussion Center at Neurological Surgery – (516) 442- 2250
Dr. Gad E. Klein (Neuropsychologist)
1991 Marcus Ave. Suite 108
Lake Success, NY 11042
<http://longislandconcussion.com/index.html>

2. Oyster Bay-East Norwich Clearance:

After a child is cleared by a doctor we have all students/athletes follow our “Return to Play” protocol, which puts doses of physical stress on the body in a gradual manner and monitors the student to ensure concussion symptoms are not recurring. This process may take 2-4 days, depending on factors associated with the injury and recovery.

Please understand our role as the school under these circumstances: We want to use the best practices available to insure your child is ready for full activity.

If you have any questions, please call:

1. Patty Jaronczyk: High School Nurse- 624-6541;
2. Eileen McCartney: Vernon Nurse: 624-6565
3. Christopher Schragger: High School Athletic Trainer: 634-6593
4. Kevin Trentowski: Athletic Director- 624-6557