California State University, East Bay  
Department of Intercollegiate Athletics  

CONCUSSION MANAGEMENT PLAN

Injury and Illness Reporting and Acknowledgement Statement  
All incoming and returning student-athletes to CSUEB will be required to read and sign the Injury and Illness Reporting and Acknowledgement statement in which student-athletes accept the responsibility for reporting their injuries and illnesses to the sports medicine staff, including signs and symptoms of concussions.

Concussion Education  
During the review and signing process of the above, all student-athletes will be provided with NCAA authored written educational material on concussions, and undergo a subsequent discussion of the material. In addition, at risk sports will view the NCAA video “Concussions: Don’t Hide It, Report It, Take Time to Recover”.

Baseline Concussion Assessment  
Incoming and returning student-athletes shall undergo a baseline concussion assessment in the sports of basketball, soccer, and water polo, at a minimum. In addition, a baseline concussion assessment will be recorded for student-athletes with a known history of concussion. The same baseline concussion assessment tools will be used post-injury at appropriate time intervals. The baseline concussion assessment shall consist of the use of:  
1) Standard Assessment of Concussion (SAC)  
2) Balance Error Scoring System (BESS)  
3) Computerized neurocognitive testing

Post Concussion Protocol  
1. When a student-athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete will be removed from practice or competition, by either a member of the coaching staff or Athletic Training staff. If removed by a coaching staff member, the coach will refer the student-athlete for evaluation by a member of the Athletic Training staff.  
2. A student-athlete diagnosed with a concussion will be withheld from the competition or practice and not return to activity for the remainder of that day. Student-athletes that sustain a concussion outside of their sport will be managed in the same manner as those sustained during sport activity.  
3. The student-athlete will receive serial monitoring for deterioration by the attending Athletic Trainer, including a Graded Symptom Checklist. Student-athletes exhibiting signs and symptoms of significant concussion (loss of consciousness, post trauma amnesia, increasing symptoms) will be referred to a medical facility for same day evaluation by a physician. Student-athletes will also be provided with post-concussion Home Care Instructions.  
4. The student-athlete will be evaluated by the team physician or team physician designee within 24 hours of the injury. Student-athletes will also undergo repeat baseline testing with the SAC, BESS, and IMPACT within 24 hours of the injury (preferred).  
5. Once asymptomatic and baseline testing returns to normal, the student-athlete will undergo exertional testing. If post-exertion assessments are within normal baseline limits, the student-athlete will undergo a re-evaluation by the team physician or designee for a return to play decision.  
6. All student-athletes diagnosed with a concussion must receive medical clearance to return to athletics activity from the team physician or team physician’s designee.