A concussion is a brain injury that may be caused by a bump, blow, or hit to the head or a blow to another part of the body where the force is transmitted to the head. All concussions and brain injuries are potentially serious and often occur without loss of consciousness. Symptoms include (but are not limited to) transient confusion, disorientation, impaired consciousness, dysfunction of memory, loss of consciousness, seizures, irritability, lethargy, vomiting, headache, dizziness, or fatigue.

A participant suspected, by a Colgate Recreation staff member or Club Leaders, of sustaining a concussion or head injury while participating in a Colgate Recreation activity will be removed immediately from participation. This includes any club sport practice or game, intramural competition, physical education and/or outdoor education programming. The individual who has been removed from participation may not return until a licensed health care provider has evaluated him/her. Written clearance on a doctor’s prescription pad/letterhead, from the health care provider, is required to be turned into the Director of Recreation before any activity can be resumed at Colgate.

RECREATION STAFF AND CLUB SPORT LEADER TRAINING POLICY

It is Colgate Recreation Department policy that all department student, part-time and full-time staff go through a concussion training program. Colgate University Recreation adult and student staff will NOT be expected to diagnose or treat a concussion. Staff are expected to remove any individual with a suspected head injury from the field of play and to enforce department policy prohibiting them from participating in any sports activity until the individual is evaluated by a qualified health care provider, and provides the Director of Recreation with a written statement from the qualified health care provider.

All staff and Club Sport leaders will be trained by the Sport Safety International “Concussion Wise Training” course. Training module will be sent to all students/staff who must complete at the start of the academic year.

IMPACT TESTING – NEW AS OF FALL 2015

Every club sport student-athlete participating in a “high risk collision” sport will be required to take a supervised preseason baseline assessment for concussion using the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) online system organized by the Colgate University Recreation Department.

Testing Protocol:

- Students will be tested their first-year of club sport participation.
- Colgate Club Sport per-diem Athletic Trainers will supervise and facilitate the test and review all baseline tests. All results will be kept on file with Colgate Student Health Services in each student’s respective medical folder.
- In the instance that a concussion does occur, the student will be re-tested either with the University Physician directly or by the Club Sport Certified Athletic Trainer.
- All testing results will be reviewed, interpreted and explained to the student by a Certified Athletic Trainer or Student Health Services designee. The University Physician will make all final decision as to when a student can return to player after a concussion and will communicate directly with the injured student, the Director of Recreation and, if applicable, the Club Sport Coach and part-time ATC.

**High Risk Club Sports (as determined by University Physician and Director of Recreation):**

- Men’s and Women’s Rugby
- Men’s and Women’s Ice Hockey
- Ski Racing
- Equestrian
- Men’s Lacrosse