Assemble a Concussion Management Team

A Concussion Management Team (CMT) can create and implement a concussion management plan to support an athlete with a concussion. Each organization will have different needs and different resources. A CMT of about 4-5 members usually works best. Here are some suggestions for CMT membership.

TITLE	IMPORTANCE TO CMT
Administrator	Administrative support is needed to change the culture around sports concussion, put systems in place to manage concussions effectively, and provide the programs necessary to return students to full activity safely.
Athletic Director (AD)	The Athletic Director's leadership is a crucial component of good concussion management. An AD can support coach, athlete, and parent training, promote a culture of awareness, ensure the teaching of safe techniques, ensure proper and well-maintained equipment, monitor appropriate incident protocols, promote good officiating, and encourage effective tracking of injuries.

© 2023 University of Oregon. Use for personal educational purposes only. No further copying or distribution is allowed.

TITLE	IMPORTANCE TO CMT
Certified Athletic Trainer (ATC)	Certified athletic trainers (ATCs) are medical experts in preventing, recognizing, managing, and rehabilitating injuries that result from physical activity. An ATC works under the direction of a licensed physician and in cooperation with other healthcare professionals, athletic administrators, coaches, and parents.
Coach	Coaches play a key role in concussion management. They are responsible for pulling an athlete from competition or practice immediately after a concussion. Securing buy- in from the coaching staff is crucial to the success of the return-to-play protocol. Having a coach serve as the liaison between the CMT and the other coaching staff can help ensure that everyone is on board.
School Counselor	The school counselor is an ideal point-person to inform teachers of needed learning accommodations while a student is symptomatic. They can provide information about return to activity or refer a student to more formalized supports, such as a 504 Plan or IEP.

© 2023 University of Oregon. Use for personal educational purposes only. No further copying or distribution is allowed.

TITLE	IMPORTANCE TO CMT
School Psychologist or Neuropsychologist	Some schools are fortunate enough to have a psychologist on staff. School psychologist can help with assessment and test results interpretation. Neuropsychologist have training to interpret more in-depth neurocognitive test results. If you do not have such experts on your staff, consider inviting a community resource to your team.
Parent/Guardian	Consider inviting a parent leader to your team who could be influential with your booster club or athlete parent group.
School Nurse	A school nurse can work in conjunction with an athletic trainer, school faculty, counselors, administrators, and the student-athlete's physician and family to provide the best possible healing environment. In the case of a concussion, school nurses need to be able to recognize signs and symptoms, be aware of risks associated with recurrent injury, and make recommendations to student-athletes, parents, and school officials on proper care and recovery.

© 2023 University of Oregon. Use for personal educational purposes only. No further copying or distribution is allowed.

TITLE	IMPORTANCE TO CMT
Teacher	Teachers are critical to student success post-concussion. Teachers need to have a strong understanding of the potential cognitive, behavioral, emotional, and physical symptoms of a concussion. A CMT representative from the teaching staff can work with affected students' teachers to ensure appropriate classroom accommodations.
Student Athlete	Empowering student-athletes to self-assess symptoms and report them can be a challenge. Consider inviting an influential student-athlete to your team. Help create an atmosphere of acceptance for concussion and encourage athletes to report their own or a fellow athlete's symptoms.
Team Medical Provider	In many schools, the team medical provider is a volunteer from the community who offers services to the school at minimal or no charge. It's important that the provider your school works with is appropriately trained in current knowledge about concussion and the recommended assessment tools. A team's medical provider might be given the final say for return to play.

© 2023 University of Oregon. Use for personal educational purposes only. No further copying or distribution is allowed.

TITLE	IMPORTANCE TO CMT
Hospital Healthcare Professional	An effective concussion management plan results from a community-wide effort. It is important that schools, sports organizations, and hospital emergency departments build relationships that allow them to share important information about concussions. Local hospitals might be able to help schools with funding for computerized neurocognitive baseline assessment programs, such as ImPACT.
Community Healthcare Professional	Pediatricians, family practitioners, and other community healthcare providers need to be included in the conversation about community-wide concussion management. A representative from the local medical community can provide guidance to the CMT on how best to improve knowledge about sports-related concussion among community health care providers.

© 2023 University of Oregon. Use for personal educational purposes only. No further copying or distribution is allowed.