

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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[www.casciac.org](http://www.casciac.org)

**2011 CIAC BOYS SWIMMING AND DIVING CHAMPIONSHIPS**

CIAC Boys Swimming Committee Chair

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**IMPORTANT DATES**

November 29, 2010	First Practice Date
December 15, 2010	Date of First Contest
March 5, 2011	Last Date to Count
March 7, 2011	All entry information due by 4:00 p.m. Diving Proof Sheets faxed to CIAC by 4:00 p.m.

The Boys Swimming and Diving Tournament Information is arranged in twelve (12) sections.

- Alert Page
- National Federation Rule Changes
- 1.0 Divisions
- 2.0 Qualification Standards and Meet Procedures
- 3.0 Awards
- 4.0 Admission Fees and Supervising Personnel
- 5.0 Qualifying Meets – Dates / Times / Locations
- 6.0 Championship Finals – Dates / Times / Locations
- 7.0 Open Championship Meet – Date / Time / Location
  
- Appendix A 2010-11 Tournament Divisions
- Appendix B Entry Procedures
- Appendix C Conversion Factors

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

QUALIFYING OR ENTRY PROCEDURES FOR 2010-11

**SWIMMING ALERT**

1. Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36<sup>th</sup> time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36<sup>th</sup> place.

Coaches may submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.

2. At the divisional championships, there will be three (3) heats of eight (8) swimmers in the finals. Swimmers will be “locked” in their heats for the divisional finals.

3. The diving forms / score sheet must be completed electronically via the password-protected online eligibility center. The diving forms must be signed by both the diver (full name) and the coach at the time of the meet. In the divisional and Open championships, the six optional dives must have a total DD of 11.0. The diving proof sheet must be faxed to CIAC by 4:00 p.m. on Monday, March 7, 2011. The CIAC fax number is (203) 250-1345.

2. A coach or authorized individual must be present for the diving trials or the diver may not participate.

3. **AT ALL DIVISIONAL MEETS AND THE OPEN MEET, SWIMMERS, WHO ARE NOT PARTICIPANTS, ARE EXPECTED TO PAY AN ADMISSION FEE IN ORDER TO BE A SPECTATOR.**

4. The championships are considered one (1) meet from the trials through the Open Meet. A declared false start may be taken at the trials AND THE FINALS.

5. Schools may enter relays with a seed time but without swimmers’ names. Relay cards, listing the full names of the four swimmers designated to swim in the relay must be turned into the meet director, at the designated time, prior to the event.

6. **IN CASE OF INCLEMENT WEATHER – TO FIND OUT WHETHER THE EVENT HAS BEEN POSTPONED – CHECK OUR WEB SITE ADDRESS: [www.casciac.org](http://www.casciac.org)**

7. Participation in “outside” Meets – Swimmers of member schools may participate, as “unattached” individuals (not representing the school or on an outside team), in a maximum of four (4) “outside” meets per season (AAU, U.S., Boys & Girls Clubs, YMCA, etc.), choice of such outside meets to be made by swimmers with the approval of the swimmers school administration. Present weekly swimming limitations will be maintained (two meets per week, one of which may be one of the four allowable “outside” meets).

8. **Selection of Officials: Coaches may recommend officials for both the swimming championships and the diving championships. Coaches may recommend up to ten (10) officials for the swimming championships and five (5) officials for the diving championships, and each coach may list two (2) officials for the swimming championships and two (2) for the diving championships that they do not recommend to work those events. Those names may be filed on the CIAC Eligibility Center from February 11-25, 2011. Those recommendations along with recommendations from the various swimming boards will be utilized in the assignment of officials for the championships.**

9. This is the scoring for all Divisional Finals and the Open. This scoring will be used whether competitions are held in six or eight lane pools.

For Individual Events:

(1<sup>st</sup> - 12<sup>th</sup>): 28, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15

(13<sup>th</sup> - 24<sup>th</sup>): 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Double for all Relays

## 2010-11 NATIONAL FEDERATION SWIMMING RULE CHANGES

- 3-3-1  
NOTE Clarifies the FINA mark and/or individual bar code appearing on some swimsuits is not considered a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking are legal for NFHS competition.
- 3-3-2b(2) Allows placing one post-construction, impermeable school name and/or logo not exceeding 9 square inches on the competitor's swimsuit.
- 3-3-3 Clarifies that competitors shall not wear or use any device to aid in body compression other than that which occurs by a legal swimsuit.
- 8-3-8b Nullifies use of a lead-off time for qualifying or record in the corresponding individual event if the relay team is disqualified for conduct or any entry rule violation under Rule 3-2.
- 9-3-3  
Note The signatures of the coach and diver indicate that the diver is capable of performing all of the dives listed on the diving scoresheet and confirms the accuracy of the scoresheet submitted.
- 9-7-4  
new d Requires a diver to demonstrate his/her attempt to come out of a twist during a dive; otherwise, it is unsatisfactory.
- 9-7-5g Specifies the diver's shoulders shall be used as the reference point when the feet/hands contact the water to determine whether the proper amount of twist has been achieved for the individual dive.
- 9-7-5  
new h Stipulates a diver performing a twisting dive cannot twist the shoulders past 90 degrees before the feet leave the board.
- 9-8-2  
new a A deduction will be given if a diver does not stop the oscillation of the board just before or after the starting position is assumed.

### Points of Emphasis

1. No jewelry during warm-ups
2. On-site shaving is prohibited
3. Swimsuit construction and design
4. Automatic timing, judging and integration of times
5. Concussions

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2010-11 BOYS SWIMMING AND DIVING CHAMPIONSHIPS

1.0 DIVISIONS

The 2011 Boys Swimming and Diving Championships will be operated in four divisions. Placement of schools has been based on the boy enrollment in grades 9, 10, 11 and 12 as shown in 2009-10 membership. Only institutional members of the Conference may enter these championships.

LL Division - 861 and Over  
L Division - 671 - 860

M Division - 500 - 670  
S Division - Up to 499

2.0 QUALIFICATION STANDARDS

- A. In order to qualify individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the minimum standards. Individuals may compete in two (2) individual events and two (2) relays or in one (1) individual event and three (3) relays.

Qualifying standards for swimming and diving must be met in a CIAC or National Federation sanctioned meet.

- B. Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. All swimmers who meet the automatic qualifying time will swim. If fewer than 36 swimmers meet the automatic qualifying time additional swimmers will be added until the 36<sup>th</sup> time is reached, in which case the top 36 times, including any ties for 36<sup>th</sup> place, will qualify to swim at trials.

Coaches may submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.

2011 Championships – Automatic Qualification Times – All Divisions \*

	S	M	L	LL
200 Yd. Medley Relay	**	**	**	**
200 Yd. Freestyle	2:00.67	1:55.59	1:59.82	1:56.20
200 Yd. Ind. Medley	2:17.88	2:13.65	2:13.21	2:11.38
50 Yd. Freestyle	24.99	23.60	23.95	24.43
Diving (dual meets)	(Dual Meets) – 9.0 DD & 160 points or (in championship meets) – 240 points on 11 dives and 11.0 DD. The 11.0 DD is for the six optional dives in the 11 dive program.			
100 Yd. Butterfly	1:03.79	58.71	58.43	1:02.84
100 Yd. Freestyle	55.62	52.54	52.47	53.08
500 Yd. Freestyle	5:38.46	5:18.10	5:15.51	5:19.74
200 Yd. Freestyle Relay	**	**	**	**
100 Yd. Backstroke	1:06.32	59.87	1:00.94	1:02.03
100 Yd. Breaststroke	1:14.37	1:07.91	1:08.97	1:08.53
400 Yd. Freestyle Relay	**	**	**	**

\* Automatic qualification times were derived by taking the average of the 20<sup>th</sup> place time in each divisional trial, returning swimmers after divisions are adjusted.

\*\* Indicates that each team is allowed one entry in the 200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay without regard to a qualifying time.

\*\*\* The DD (degree of difficulty) stated above in the qualifying standards must be the total degree of difficulty for the five (5) optional dives done in a dual meet, that is in a six (6) dive program. The degree of difficulty of the voluntary dive is not to be counted. The required point total and the required DD must be done in the same meet.

## 2011 Boys Swimming and Diving Championships

Divers **MUST** prove that they have performed the combined DD and required points before they will be allowed to enter the championship trials. ***Proof of having met the requirements for entry into divisional competition must be submitted via fax by 4:00 p.m., Monday, March 7, 2011. The CIAC fax number is (203) 250-1345.***

- C. An individual or team may not compete in the championships unless accompanied by the coach or an authorized adult as noted on the principal's written authorization. (**This must be presented to the meet director upon arrival.**) If someone other than the coach accompanies the individual or team, he/she must indicate this to the meet director upon arrival at the site. This rule applies to the diving trials as well as the swimming trials.
- D. For both Class and Open meets, the total degree of difficulty for the six (6) optional dives on the 11 dive championship diving score sheet **MUST** meet the following requirements: LL -11.0; L - 11.0; M - 11.0; S - 11.0.
- E. The best twenty-four (24) swimming performances in each event, at the trials, will qualify for Divisional Championships. In divisional championship all heats are locked.
- F. The best twenty-four (24) swimming performances in each event from all the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance either by "scratches" or "better time" in the finals.
- G. FOR DIVING (STATE OPEN) THE TWENTY-FOUR (24) TOP SCORERS PLUS ANY DIVERS IN THE TOP THREE (3) OF EACH DIVISIONAL CHAMPIONSHIP MEET, NOT ALREADY INCLUDED IN THE TOP TWENTY-FOUR (24), WILL BE INVITED.
- H. At all state meets, i.e. divisional trials and finals and the Open, there will be 25-minute break between events #4 and #6 and a ten-minute break between events #8 and #9.
- I. All meets shall be governed by the 2010-11 National Federation Swimming and Diving Rules.
- J. CIAC Interpretation of National Federation Rule on Championship and Consolation Heats: Open Meet -- "A finalist may advance."
- K. Declared false start: the championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during the trials and finals. A competitor does not gain further eligibility once he has participated at any level of competition, of rule 3-2-1. A competitor who declares a false start is considered to have participated in the event.
- L. Swimming warm-up will consist of both circle swimming and one-way sprints. There will be absolutely no diving into lanes designated for circle swimming.
- M. The decision of the Boys Swimming Committee relative to the operation of the Championships shall be final.

### 3.0 AWARDS

- A. Divisional Championship Meets -- Medals awarded for first SIX (6) places.
- B. Open Meet -- Medals awarded for first SIX (6) places.
- D. Team Award -- CIAC plaques will be given to each divisional and open team champion and runner-up.

## 2011 Boys Swimming and Diving Championships

### 4.0 ADMISSION FEES FOR QUALIFYING, CLASS AND OPEN CHAMPIONSHIP MEETS

Children five (5) and under – Free; Senior Citizens (age 65 and older) – \$5.00;  
Students (grades 1-12) – \$5.00; Adults (All others not in the above categories) – \$8.00

**Supervision:** Team coaches (limit of three), athletic director, administrative personnel assigned to supervisory responsibilities and CIAC swimming officials with current membership card will be allowed free admission.

### 5.0 QUALIFYING MEETS

#### DIVING TRIALS AND FINALS

- S – March 9 Plainville High School, Plainville – Warm-up 3:30 p.m. / Competition 5:30 p.m.  
Meet Director – Randy Doucette, Plainville High School  
School (860) 793-3220 / Home (860) 675-3554 / Pool (860) 793-3220 x 523  
E-mail – [prdoucette@snet.net](mailto:prdoucette@snet.net)
- M – March 9 East Lyme High School, East Lyme – Warm-up 3:30 p.m. / Competition 5:30 p.m.  
Meet Director – Jack Stabach, East Lyme High School  
School (860) 691-4681 / Home (860) 443-8368  
E-mail – [jack.stabach@eastlymeschools.org](mailto:jack.stabach@eastlymeschools.org)
- L – March 9 Hamden High School, Hamden – Warm-up 3:30 p.m. / Competition 5:30 p.m.  
Meet Director – John Smachetti, Conard High School, West Hartford  
Home (860) 582-7272 / Cell (860) 712-8824  
E-mail – [smachetti@sbcglobal.net](mailto:smachetti@sbcglobal.net)
- LL – March 10 Hamden High School, Hamden – Warm-up 3:30 p.m. / Competition 5:30 p.m.  
Meet Director – Nate Hill, Hamden High School, Hamden  
School (203) 407-2040 / Home (203) 248-3232 / Pool (203) 407-2040 x 3005  
E-mail – [nhille210@sbcglobal.net](mailto:nhille210@sbcglobal.net)

**IF THERE IS A CANCELLATION OF THE DIVING BECAUSE OF INCLEMENT WEATHER ON EITHER MARCH 9 OR MARCH 10, 2011, DEPENDING ON THE DIVISION, THE COMPETITION WILL BE MOVED TO THE NEXT DAY.**

**IF THE SWIMMING TRIALS ARE CANCELLED BECAUSE OF INCLEMENT WEATHER ON SATURDAY, MARCH 12, THE SWIMMING TRIALS WILL BE HELD ON SUNDAY, MARCH 13, 2011.**

#### SWIMMING TRIALS

- LL -- March 12 -- Hamden High School, Hamden -- Swimming 3:30 p.m.  
Meet Director - Nate Hill, Hamden High School, Hamden 06514  
School: (203) 407-2040, Home: (203) 248-3232 Pool: (203) 407-2040 X 3005  
E-mail address is: [nhille210@sbcglobal.net](mailto:nhille210@sbcglobal.net)
- L -- March 12 -- East Hartford High School, East Hartford -- Swimming 3:30 p.m.  
Meet Director - John Smachetti, Conard High School, W. Hartford  
Home: (860) 582-7272 Cell: (860) 712-8824  
E-mail address is: [smachetti@sbcglobal.net](mailto:smachetti@sbcglobal.net)
- M -- March 12 -- Masuk High School, Monroe -- Swimming 3:30 p.m.  
Meet Director - Mark McKee  
(203) 565-7554  
E-mail address is: [mmckee@monroeps.org](mailto:mmckee@monroeps.org)

## 2011 Boys Swimming and Diving Championships

S -- March 12 -- Plainville High School, Plainville -- Swimming 3:30 p.m.  
Meet Director - Randy Doucette, Plainville High School  
School: (860) 793-3220, Home: (860) 675-3554 Pool: (860) 793-3220 X 523  
E-mail address is: [prdoucette@snet.net](mailto:prdoucette@snet.net)

All Divisions -- The warm-up for Swimming Trials will begin at 1:30 p.m.. THE DOORS TO THE POOLS WILL NOT OPEN BEFORE THAT TIME.

### 6.0 CHAMPIONSHIP FINALS

LL - March 15 -- Wesleyan University - Freeman Center, Middletown  
Meet Director - Nate Hill  
Warm-up 6:30 p.m. / Finals - 7:15 p.m.

L- March 15 -- Wesleyan University - Freeman Center, Middletown  
Meet Director - John Smachetti  
Warm-up 2:15 p.m. / Finals - 3:00 p.m.

M - March 16 -- Wesleyan University - Freeman Center , Middletown  
Meet Director - Mark McKee  
Warm-up 6:30 p.m. / Finals - 7:15 p.m.

S - March 16 -- Wesleyan University - Freeman Center, Middletown  
Meet Director - Randy Doucette  
Warm-up 2:15 p.m. / Finals - 3:00 p.m.

### 7.0 OPEN CHAMPIONSHIP MEET

March 19 -- Yale University - Kiputh Pool  
Meet Director - Bruce Jaffe, Fairfield Prep, Fairfield 06824  
School (203) 254-4200 ext. 2506 -- Home (203) 335-5860 --  
Pool: (203) 254-4200 ext. 3949  
E-mail address is: [bjaffe@fairfieldprep.org](mailto:bjaffe@fairfieldprep.org)  
Swimming Warm-up 12:30 p.m. / Finals - 2:30 p.m.

**DIVING COMPETITION FOR THE OPEN WILL BE HELD AT HAMDEN HIGH SCHOOL ON THURSDAY, MARCH 17, 2011. THE WARM-UP WILL BE HELD AT 4:00 p.m. AND COMPETITION WILL BEGIN AT 6:00 p.m.**

NOTE: Questions on swimming or diving rules should be referred to the CIAC Rules Interpreter -- Mr. Jim Agli (203) 758-5873 / E-mail address is -- [gymagli@yahoo.com](mailto:gymagli@yahoo.com)

APPENDIX A  
2010-11 BOYS SWIMMING TOURNAMENT DIVISIONS

LL -- 861 and Over (20)

Bristol Eastern/Bristol Central/St. Paul	916
Danbury	1432
East Hartford	955
Fairfield Prep.	921
Fairfield Ludlowe / Warde **	997
Glastonbury	1076
Greenwich	1427
Hamden	1045
Manchester	982
Meriden - Platt/Maloney **	897
Middletown - Xavier	867
Newtown	861
Norwalk / Brien McMahon **	1492
Norwich Free Academy	1151
Ridgefield	910
Southington	1014
Stamford - Westhill / Stamford**	1479
Trumbull	1000
Westport - Staples	898
Windham / RHAM **	1009

L Division-- 671 - 860 (21)

Cheshire	842
Farmington	671
Fermi / Enfield / Somers **	731
Hartford - Bulkeley	730
Hartford Public	737
Middletown	672
Naugatuck	730
New Milford	786
Newington	765
North Haven / North Branford **	750
Shelton	832
Simsbury	848
Southbury - Pomperaug	731
Storrs - E.O. Smith / Tolland **	793
Stratford - Bunnell / Stratford	686
Waterbury - Kennedy	677
West Hartford - Conard	791
West Hartford - Wm. Hall	791
West Haven	774
Windsor	708
Woodbridge - Amity Reg.	844

\*\* Cooperative Teams

\* Will compete in their respective division as determined by the indicated boy enrollment.

Co-op teams are calculated according to CIAC formula.

M Division --- 500 - 670 (22)

Avon	563
Berlin	512
Branford	541
Brookfield	508
Darien	639
East Lyme	611
Groton - Fitch	629
Ledyard / Stonington **	582
Madison - Daniel Hand	634
Monroe - Masuk	670
New Canaan	633
New Fairfield	521
New London	515
Joel Barlow/Immaculate **	513
Torrington	618
Wallingford - Lyman Hall	522
Wallingford - Sheehan	500
Waterford	500
Watertown	504
West Haven - Notre Dame	637
Wethersfield	597
Wilton	661

S -- Up to 499 (24)

Beacon Falls - Woodland Reg.	414
Bethel	481
Burlington - Lewis Mills	434
East Windsor	196
Falls Village - Housatonic Valley	258
Granby Memorial	394
Hartford - Classical/University **	346
Higganum - Haddam-Killingworth	363
Litchfield	200
Litchfield - Wamogo Reg.	158
Milford - Foran	492
Plainville	440
Rocky Hill	398
Seymour	340
Suffield	416
Uncasville - St. Bernard	173
Washington- Shepaug Valley	180
Waterbury - Sacred Heart	194
Waterbury - Holy Cross	397
West Hartford - N.W. Catholic	313
Weston	379
Winsted - Gilbert	171
Winsted - N.W. Reg.	380
Woodbury - Nonnewaug	385

Teams Less Than Four Members \*

Canton	291	Manchester-E. Cath.	314
Cromwell	310	South Windsor	843
East Granby	129	Waterbury - Crosby	695
Guilford	547	Windsor Locks	275



## APPENDIX B

### CIAC BOYS SWIMMING CHAMPIONSHIPS

#### Entry Procedure

- A. Entry Fee: \$75.00 PER TEAM, PLUS \$7.00 per individual per event with a maximum of \$250.  
If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys swimming options in the password-protected online eligibility center.
- B. Entry forms and diving score sheets must be submitted via the password-protected online eligibility center NOT LATER THAN MONDAY, MARCH 7, 2011, 4:00 P.M.
- C. **LATE ENTRIES WILL NOT BE ACCEPTED.**

#### Entry Form Instructions

All names on the entry form must comply with the rules and regulations of the CIAC.

ALL DIVING ENTRIES WILL BE DONE ELECTRONICALLY via the password-protected online eligibility center. The diving information must be put on the diving score sheet. The diving form must be at CIAC headquarters by 4:00 p.m. on Monday, March 7, 2011. Confer with Rule 9-4-1 for order of dives and DD requirement. Proof forms for diving must be faxed to the CIAC (203) 250-1345 by Monday, March 7, 2011.

APPENDIX C

**25 YARD-METER AND 25 METER-YARD CONVERSION FACTORS**

MEN

	<u>Yard-Meter</u>	<u>Meter-Yard</u>
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Yd/400 M Freestyle	0.8780	1.1391
500 Yd/500M Freestyle	1.100	0.9091
200 Free Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

WOMEN

200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Yd/400 M Freestyle	0.877	1.1406
500 Yd/500 M Freestyle	1.100	0.9091
200 Free Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

#### “WHEN IN DOUBT – SIT IT OUT”

*A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).*

#### **PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION**

**– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.**

- **Signs of a concussion may include (what the athlete looks like):**
  - Confusion / disorientation / irritability
  - Trouble resting / getting comfortable
  - Lack of concentration
  - Slow response / drowsiness
  - Incoherent / slurred speech
  - Slow / clumsy movements
  - Loss of consciousness
  - Amnesia / memory problems
  - Act silly / combative / aggressive
  - Repeatedly ask same questions
  - Dazed appearance
  - Restless / irritable
  - Constant attempts to return to play
  - Constant motion
  - Disproportionate / inappropriate reactions
  - Balance problems
- 2. **Symptoms of a concussion may include (what the athlete reports):**
  - Headache or dizziness
  - Nausea or vomiting
  - Blurred or double vision
  - Over sensitivity to sound / light / touch
  - Ringing in ears
  - Feeling foggy or groggy

**Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.**

#### **PART II – RETURN TO PARTICIPATION (RTP)**

**– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.**

#### **Concussion management requirements:**

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*.

- After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

**Medical Clearance RTP Protocol (Recommended one full day between steps)**

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

\* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider.

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Resources:

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