



## BISHOPS PREPARATORY CONCUSSION PLAN

### What to do if your child sustains a concussion

1. **Immediately** contact your General Practitioner **AND** notify Mr Khwezi Mqomboti ([kmgomboti@bishops.org.za](mailto:kmgomboti@bishops.org.za))
2. Once the doctor has ensured there are no complications associated with a head injury and your child is no longer reporting symptoms, a post-injury ImPACT test must be administered at Bishops Prep School. Contact Khwezi Mqomboti on 021 659 7254 / [kmgomboti@bishops.org.za](mailto:kmgomboti@bishops.org.za) to arrange this test.
3. If you have been diagnosed with a concussion, you will be advised to rest fully until **symptom free**.
4. **During this time: Your son must not do any activities that will stimulate the brain.**  
**e.g. NO television, iPad, cellphone & reading etc.**
5. The results of the ImPACT test will be sent through to the sports physician or psychologist.
6. All final decisions on return-to play will then be made by the sport physician or psychologist.
7. Your child will then be advised on the correct return to play protocol.
8. If your child is still reporting symptoms or has failed the ImPACT test, he will repeat a further post-injury test in approximately one week until he is at or above his baseline levels.
9. Please note that baseline levels need to be repeated annually, due to the ongoing development of the maturing brain.

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ImPACT Consultant

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