

Concussion Management School Policy

PURPOSE:

The Board of Education of the Schroon Lake Central School District recognizes the seriousness of concussions in children and adolescents who participate in school sponsored sports and recreational activities and the outstanding need to manage the potential consequences of mild traumatic brain injuries. Therefore, the District hereby adopts the following policy to enact appropriate training for school personnel, set forth the proper evaluation and management of head injuries and to comply with New York State's Concussion Management Awareness Act.

A concussion is defined as a disturbance in brain function caused by a direct or indirect force to the head and can cause harmful, long-term effects to brain functions. While recoveries from concussions vary from child-to-child, avoiding re-injury and over-exertion until fully recovered are critical to proper concussion management. The following policy shall represent the minimum standards that must be complied with by the Schroon Lake Central School District relating to mild traumatic brain injuries.

POLICY:

While District staff will exercise reasonable care to protect students, head injuries during athletics or other school sponsored activities may still occur. The following preventative measures shall be instituted to educate school personnel and parents regarding concussions and the importance of proper medical treatment:

Training:

In order to provide the appropriate education, care and attention to students who may receive a concussion, personnel must be able to recognize the signs, symptoms and behaviors consistent with a concussion. Accordingly, the Schroon Lake Central School District shall require a biennial course of instruction for all school coaches, physical education teachers, and nurses which shall include, but not be limited to, the definition of "concussion," signs and symptoms of mild traumatic brain injuries, how such injuries may occur, practices regarding prevention and the guidelines for the return to school and to certain activities after a pupil has suffered a mild traumatic brain injury, regardless of whether such injury occurred outside of school. Such training may be completed by means of classroom instruction, online providers or teleconference approved by the Department of Education.

Coaches must complete the SED approved course, *Heads Up*, prior to the start of their BOE approved coaching season. The course link is: www.cdc.gov/concussion/HeadsUp/onlinetraining.html.

The school nurse must complete the following concussion management course:

<http://preventingconcussions.org>.

Parents shall be educated through preseason meetings for sports and/or information sheets provided to parents (see attached student and parent information sheet).

Concussion Management Team:

The Schroon Lake Central School District will establish a concussion management team which will be composed of the athletic director, school nurse, the school physician, a coach of an interscholastic athletic team, or such other appropriate personnel as designated by the school district. The team shall oversee the District's implementation of the training requirement set forth herein. Additionally, every concussion management team may establish and implement a program which provides information on mild traumatic brain injuries to parents and persons in parental relation throughout the year.

Parental Permission:

The Schroon Lake Central School District shall provide a permission form to the parent or person in parental relation prior to student participation in any interscholastic sports. The permission form shall either include the definition of "concussion," signs and symptoms of mild traumatic brain injuries, how such injuries may occur and the guidelines for the return to school and certain school activities after a pupil has suffered a mild traumatic brain injury or a reference how to obtain such information from the Department of Education and the Department of Health Internet websites.

CONCUSSION MANAGEMENT PROTOCOL

The Superintendent of Schools, in consultation with the appropriate district personnel and the Chief School Medical Officer hereby develop the following standard protocols to guide the return to activity. Such protocols shall be case-by-case and shall consider recommendations of the student's physician and the District's Chief Medical Officer.

Any student exhibiting those signs, symptoms or behaviors while participating in a school sponsored class, extracurricular activity or interscholastic athletic activity shall be removed from the game or activity, and be evaluated as soon as possible by an appropriate health care professional. **In the event that there is any doubt as to whether a pupil has sustained a concussion, District personnel shall presume that he or she has been so injured until proven otherwise.** The nurse will notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians and following up with a physician.

If a student sustains a concussion other than when engaged in a school-sponsored activity, the District expects the parent/legal guardian to report the condition to nurse so that the District can support the appropriate management of the condition.

Return to Play:

There are many risks to premature return to play including, but not limited to, greater risk for a second concussion due to a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and increased risk for additional injury due to alteration in balance. The Schroon Lake Central School District utilizes the NYSPHAA return to play recommendations, in addition to proper concussion management protocol pursuant to NYS Laws, Rules and Regulations.

Return to play following a concussion involves a stepwise progression once the individual is symptom free. Students are prohibited from returning to play the day the concussion is sustained. After diagnosis of a concussion by a treating physician, the student will be removed from all activity for minimum of seven (7) days, even if asymptomatic. Once the student is symptom free for twenty-four (24) hours and has been evaluated by and received written and signed authorization from a licensed physician, the District's Chief Medical Officer shall make a final decision on return to activity, including physical education class and after-school sports. The authorization shall be kept on file in the pupil's permanent health record. Any student who is reported to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider. A return to play progression shall be generally followed below (unless directed otherwise by the student's treating physician or Chief Medical Officer):

PLAY PROGRESSION:

Day 1: Light aerobic activity – low impact, non-contact (i.e., stationary bike, walking < 70% max hr.)

Day 2: Sport-specific activity – any simple movement that does not involve the risk of a collision (sports specific skills at moderate intensity)

Day 3: Non-contact training drills – sport specific drills at full intensity (no contact)

Day 4: Full contact practice – normal training activities (medical clearance necessary)

Day 5: Return to play – normal play is allowed with close monitoring of symptoms

Each step shall take twenty-four (24) hours so that an athlete will take approximately one (1) week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with Physician approval. If any post concussion symptoms occur while in the step program, then the student shall not be allowed to participate again until asymptomatic for twenty-four (24) hours. Upon their return, they shall drop back to the previous asymptomatic level and attempt to progress through the stages again.

CONCUSSION MANAGEMENT IN THE CLASSROOM:

Students recovering from concussions may experience significant academic difficulties due to impaired cognitive abilities. Mental exertion and environmental stimulation can aggravate concussion symptoms such as headache and fatigue, which in turn can prolong recovery. To ensure academic progress and set

optimal conditions for a successful recovery, academic accommodations shall be made available to the student, if requested by the parent or guardian, during the entire time from the onset of injury until the athlete fully returns to play.

ADOPTED:

SCHROON LAKE CENTRAL SCHOOL

CONCUSSION MANAGEMENT/RETURN TO PLAY RELEASE FORM

Dear Parent/Guardian;

Please have your primary care physician fill out and sign the medical information below.

Our school physician (Hudson Headwaters Health Network) will then review and provide a final clearance for return to gym and sports as deemed appropriate. This form must be on file with the school prior to returning to practices and games.

NAME OF STUDENT: _____ DOB: _____ GRADE: _____

DATE OF INJURY: _____ ANY LOSS OF CONCIIOUSNESS? _____

PREVIOUS CONCUSSIONS AND DATES: _____

MEDICAL IMAGING DONE? _____ RESULTS: _____

REFERRED FOR NEUROLOGY CONSULT? _____ RESULTS: (PLEASE ATTACH REPORT).

PHYSICIAN SIGNATURE: _____ DATE OF RELEASE: _____

The above information has been reviewed by a Schroon Lake Central School Physician. The student athlete MAY or MAYNOT return to gym and sports per PLAY PROGRESSION PROTOCOL.

COMMENTS/RECOMMENDATIONS, IF ANY: _____

SCHOOL PHYSICIAN SIGNATURE: _____ DATE: _____

ADDRESS: _____ PHONE: _____