

# POLICY

2011

7522

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STUDENTS

## CONCUSSION MANAGEMENT

The Board of Education of the Union-Endicott Central School District recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activity. Therefore, the District adopts the following policy and guidelines to assist in the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms or behaviors consistent with a concussion 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. The District will notify the student's parents or guardians and recommend appropriate monitoring to parents and guardians. The student should not return to any physical activity until released by an appropriate health care professional. The school's chief medical officer will make the final decision on return to activity, including physical education class and after-school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and re-evaluated by their health care provider.

## CONCUSSION MANAGEMENT

### Education

Concussion education will be provided annually for all coaches, school nurses and athletic trainers. In addition, administrators, teachers and guidance counselors will be provided opportunities to learn about concussion education on a biennial cycle. Education of parents should be accomplished through preseason meetings for sports and/ or information sheets provided to parents. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI's, management of the injury and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

### Concussion Management Team

The District will assemble a concussion management team (CMT). The CMT will consist of the Athletic Director, Head Nurse, athletic trainer and the school physician. The District's CMT should coordinate training.

### Concussion Management Protocol

The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will review and/or design an appropriate plan for the student while the student is recovering.

**Form A** must be completed at the time of the injury, or when the District learns of the injury.

Return to play (Athletics only, not for physical education instruction during school day.)

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. No student athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student is symptom free at rest for 24 hours and has a signed release by the treating clinician (**Form B**), she/he may begin the return to play progression below (provided there are no other mitigating circumstances).

# REGULATION

2010

7522R

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STUDENTS

## CONCUSSION

- Day 1: Light aerobic activity
- Day 2: Sport-specific activity
- Day 3: Non-contact training drills
- Day 4: Full contact practice
- Day 5: Return to play

Each step should take 24 hours so that a student would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

Implemented: 6/13/11

Revised: 6/8/15