

## **SUBJECT: CONCUSSION MANAGEMENT**

The Board of Education recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The physical and mental well-being of our students is a primary concern. Therefore, the South Huntington Union Free School District adopts the following policy to support the proper evaluation and management of concussion injuries.

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics, as well as their athletic pursuits.

### **Concussion Management Team (CMT)**

In accordance with the Concussion Management and Awareness Act, the district has authorized and established a Concussion Management Team (CMT), which is composed of the certified athletic director, a school nurse, the school physician, a coach of an interscholastic team, and a certified athletic trainer. The Concussion Management Team shall oversee and implement the district's concussion policy and regulations, including the requirement that all school coaches, physical education teachers, nurses and certified athletic trainers who work with and/or provide instruction to pupils engaged in school-sponsored athletic activities complete training relating to mild traumatic brain injuries. The concussion management team has established and implemented a program which provides information on mild traumatic brain injuries to parents and persons in parental relation throughout each school year.

### **Staff Training/Course of Instruction**

Each school coach, physical education teacher, school nurse and certified athletic trainer who works with and/or provides instruction to students in school-sponsored athletic activities (including physical education class and recess) shall complete a course of instruction every two (2) years relating to recognizing the symptoms of concussions or MTBIs and monitoring and seeking proper medical treatment for students who suffer from a concussion or MTBI.

Components of the training will include:

- a) The definition of MTBI;
- b) Signs and symptoms of MTBI;
- c) How MTBIs may occur;
- d) Practices regarding prevention; and
- e) Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The course can be completed by means of instruction approved by SED which include, but are not limited to, courses provided online and by teleconference.

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### **Information to Parents**

The District shall include the following information on concussion in any permission or consent form or similar document that may be required from a parent/person in parental relation for a student's participation in interscholastic sports. Information will include:

- a) The definition of MTBI;
- b) Signs and symptoms of MTBI;
- c) How MTBIs may occur;
- d) Practices regarding prevention; and
- e) Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The District will provide a link on its website to the above list of information on the websites belonging to the State Education Department and Department of Health.

### **Identification of Concussion and Removal from Athletic Activities**

The District will provide a baseline test for all students involved in contact sports. The District will also require the immediate removal from all athletic activities of any student who has sustained, or is believed to have sustained, a mild traumatic brain injury (MTBI) or concussion. Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in a class, extracurricular activity, or interscholastic athletic activity shall be removed from the class, game or activity and must be evaluated as soon as possible by an appropriate healthcare professional. Such removal must occur based on display of symptoms regardless of whether such injury occurred inside or outside of school. If there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been injured until proven otherwise. The District shall notify the student's parents or guardians and recommend appropriate evaluation and monitoring. The student will be required to see a doctor and will be removed from all athletic activities until medical approval and return-to-play requirements have been fulfilled.

**SUBJECT: CONCUSSION MANAGEMENT****Return to School Activities and Athletics**

The student shall not return to physical activity (including athletics, physical education class and recess) until:

- he/she has been symptom-free for a period of time between 48 and 72 hours;
- passed the 5-step return-to-play protocol; and/or
- was evaluated and received written clearance from a neurologist or approved healthcare provider;

**OR**

after an evaluation by an appropriate healthcare professional who determined that the student had not sustained a concussion.

In accordance with Commissioner's Regulations, the District's school physician will give final clearance on a return to activity for extra-class athletics. This does not preclude the school physician from making the initial evaluation. All such authorizations shall be kept on file in the student's permanent health record. The standards for return to athletic activity will also apply to injuries that occur outside of school. School staff should be aware that students may exhibit concussion symptoms caused by injuries from outside activities and that these visible symptoms also indicate a removal from play.

The District shall follow any directives issued by the student's treating physician with regard to limitations and restrictions on school and athletic activities for the student. The District's school physician may also formulate a standard protocol for treatment of students with concussions during the school day.

In accordance with NYSED guidelines, this policy shall be reviewed periodically and updated as necessary in accordance with New York State Education Department guidelines. The Superintendent, in consultation with the District's school physician and other appropriate staff, may develop regulations and protocols for strategies to prevent concussions, the identification of concussions, and procedures for removal from and return to activities or academics.

Education Law Sections 207; 305(42), and 2854  
8 NYCRR 135.4 and 136.5

*Guidelines for Concussion Management in the School Setting*, SED Guidance Document, 6/2012

Adopted: 9/5/2012

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