

CONCUSSION MANAGEMENT REGULATION 5280.1-R

Education

All school coaches, physical education teachers, nurses, and athletic trainers shall be required, on a biennial basis, to complete a course of instruction relating to recognizing the symptoms of mild traumatic brain injuries and monitoring and seeking proper medical treatment for pupils who suffer mild traumatic brain injuries. The course of instruction shall also include, but not be limited to: the definition of a “concussion”; signs and symptoms of mild traumatic brain injury; how such injuries may occur; practices regarding prevention; the guidelines for return to school and to certain school activities after a pupil has suffered a mild traumatic brain injury regardless of whether the injury occurred outside of school. Training may be completed through courses provided online or through teleconferences approved by the State Education Department (“SED”).

Postings

SED and the Department of Health must post on their websites information relating to mild traumatic brain injuries, including but not limited to:

- (a) the definition of a “concussion”;
- (b) signs and symptoms of mild traumatic brain injuries;
- (c) how such injuries may occur; and
- (d) the guidelines for return to school and to certain school activities after a pupil has suffered a mild traumatic brain injury regardless of whether the injury occurred outside of school.

The District will also post this information or links to this information on their website.

School Physical Form

The District will include the information contained in (a) – (d) above in any permission form, parent or person in parental relation consent form, or similar document required for a student’s participation in interscholastic sports.

Concussion Management Protocol for Returning to Play

Any student believed to have sustained or who has sustained a mild traumatic brain injury must immediately be removed from athletic activity participation. If there is any doubt as to whether a student has sustained a concussion, it shall be presumed that he or she has sustained a concussion until proven otherwise. A student is prohibited from resuming athletic activity until he or she has been symptom free for not less than twentyfour

hours and has been evaluated by and received written and signed authorization from

5280.1-R

the school physician or other approved, licensed physician, as determined by the Superintendent in conjunction with appropriate school personnel, if the school physician is unavailable. The physician’s authorization shall be kept on file in the student’s permanent health record.

The protocol for return is as follows:

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sports, Prague 2004.

When an athlete shows ANY signs or symptoms of a concussion:

1. The athlete will not be allowed to return to play in the current game or

practice.

2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following the injury.

3. The athlete should be medically evaluated following the injury. *Note the Island Trees School District physician has the final say as to when an athlete can return to play. It is recommended that parents of a concussed athlete make an appointment with the school district physician as early as possible to help move the process along. Additionally, the school district will in most cases require a neurological examination before returning to any physical education activity, including athletics. The school district physician reserves the right to recommend a neurologist report in order to make a clearance decision.

4. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day. The six steps involve the following:

1. No exertion type activity until asymptomatic for 24 hours.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting.
6. Return to competition.

5280.1-R

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

Concussion Management Team

The School District will have a Concussion Management Team to oversee the implementation of the rules and regulations related to the law, including the requirement that certain personnel complete training regarding mild traumatic brain injuries:

School Physician

Athletic Director

School Nurse

Athletic Trainer (if any)

Adoption date: February 15, 2012