

ARLINGTON CENTRAL SCHOOL DISTRICT
POLICIES
CONCUSSION MANAGEMENT

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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 and can have serious consequences if not managed carefully. The physical and mental well-being of our students is a primary concern. Therefore, the District adopts the following Policy to support the proper evaluation and management of concussion injuries.

A concussion is a mild traumatic brain injury. 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 is authorized, at its discretion, to establish a Concussion Management Team (CMT) which may be composed of the certified athletic director, assistant superintendent for pupil personnel services, a school nurse, the school physician, a coach of an interscholastic team, a certified athletic trainer or such other appropriate personnel as designated by the District. The CMT 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 concussion. Furthermore, the CMT may establish and implement a program which provides information on concussion 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 shall complete a course of instruction every two (2) years relating to recognizing the symptoms of concussions and monitoring and seeking proper medical treatment for students who suffer from a concussion.

Components of the training will include:

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

Information to Staff

Additional awareness training shall be provided to all other staff.

Information to Parents

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

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

Identification of Concussion and Removal from Athletic Activities

The District shall require the immediate removal from all athletic activities of any student who has sustained, or is believed to have sustained, a 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 health care 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/guardians and recommend appropriate evaluation and monitoring.

The School District may choose to allow credentialed District staff to use validated Neurocognitive computerized testing as a concussion assessment tool to obtain baseline and post-concussion performance data. These tools are not a replacement for a medical evaluation to diagnose and treat a concussion.

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 and has been evaluated and received written authorization from a licensed physician. In accordance with Commissioner's Regulations, the School District's Medical Director will give final clearance on a return to activity for extra-class athletics. 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 will hold an athlete out of participation a minimum of five (5) days following a concussion once the student is symptom free. The athlete must also complete each day of the Return to Play Protocol (RTP). If at any time the athlete begins to have symptoms during the RTP, the student will rest, then repeat the same step the following day if asymptomatic.

Day 1: Low impact, non-strenuous, light aerobic activity.

Day 2: High impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity, non-contact drills. Low resistance weight training. (Impact Re-test)

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training.

Day 5: Full Contact participation in practice, training drills and intense aerobic activity.

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 Medical Director 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, June 2012

Adoption Date: November 12, 2013

Arlington Central School District
