

## **CONCUSSION MANAGEMENT UNIONDALE UFSD POLICY**

The Board of Education of the Uniondale Union Free School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, the District adopts the following policy to support 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.

The district will establish a Concussion Management Team (CMT). The CMT may consist of the athletic director, 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 will oversee the implementation of the Concussion Management and Awareness Act in the district, including but not limited to: coordination of mandatory biennial training relating to concussions for all coaches, physical education teachers, nurses and certified athletic trainers that work with and/or provide instruction to students engaged in school sponsored physical activities; concussion information dissemination; and removal and return to play protocols. The CMT shall establish and implement a program which provides information on concussions to parents and guardians throughout each school year.

While district staff will exercise reasonable care to protect students, head injuries may still occur. The school district will ensure that physical education teachers, coaches, nurses, certified athletic trainers and other appropriate staff complete the required approved training course on concussion management and awareness, on a biennial basis. The training course will include, but not be limited to: the definition of a mild traumatic brain injury (also known as "concussion"); signs and symptoms of concussions and how they may occur; practices regarding prevention; and guidelines for students to return to school and school activities after suffering a concussion, regardless of whether such injury occurred outside of school. In addition, the school district will ensure that parents, students and other staff receive concussion education as appropriate.

Any student believed to have sustained a concussion or who is exhibiting those signs, symptoms or behaviors consistent with a concussion, while participating in a school sponsored class, extracurricular activity, interscholastic athletic activity or any other athletic activity, shall immediately be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The **School Nurse** will notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians. The CMT will act as a liaison for any student returning to school and/or athletic activity following a concussion. If there is any doubt whether a student has sustained a concussion, the injury will be treated as a concussion until proven otherwise.

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

No student shall return to physical activity while experiencing symptoms consistent with those of a concussion. No student shall resume athletic activity until he/she has been symptom free for not less than twenty-four (24) hours and has been evaluated by, and received written and signed authorization from, a licensed physician. The school's chief medical director 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, reevaluated and receive the appropriate clearance as aforementioned, prior to return to activities.

Depending on the severity of the head injury and the individual circumstances of the student, appropriate modifications may be made to the student's participation in school in an effort to reduce the risk of re-injury and promote recovery. Collaboration between students, parents, physicians and the school district will help ensure the development of an appropriate concussion management plan for the student. Parents and/or students are expected to accurately and promptly report injuries so that the student's health can be protected.

The school district shall make information available on its website regarding concussions and the guidelines for return to school and school activities once a concussion has been sustained by a student. The school district shall also include such information in any parent/guardian permission form or consent form required for a student's participation in interscholastic sports.

The Superintendent, in consultation with appropriate district staff, including the chief school medical director, will develop regulations and protocols to guide the return to activity.

The school district will implement strategies to reduce the risk of head injuries in the school setting and at school sponsored events.

In addition, the CMT shall develop school protocol, including a procedure and treatment plan, for concussion management in the school district, and shall coordinate communication among

appropriate staff to ensure the post-concussion management orders of an injured student's physician are implemented and followed. Such protocol shall be developed and implemented in accordance with applicable law and this policy.

The school district shall periodically review this Policy to ensure its effectiveness on concussion management and awareness.

Revised 4/10/13

## Attachment 1—List of Preventative Strategies

The school district is committed to implement strategies which will help reduce the risk of head injuries in the school setting and during school sponsored events. To further that commitment, the school district will take the following actions:

### Education:

Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.

- School coaches and physical education teachers must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
- School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

### Information:

Provide concussion management information and sign off with any parental permission form. The NYSPHSAA will provide a pamphlet to member schools on the concussion management information for parents. The concussion management and awareness information on the State Education Department's website will be made available on the school website.

### Removal from Physical Activities:

Require the immediate removal from physical activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.

No pupils will be allowed to resume strenuous physical activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician.

For interscholastic athletics, clearance must come from the school medical director.

- Such authorization must be kept in the pupil's permanent health record.
- Schools shall follow directives issued by the pupil's treating physician.

### Athletic Safety Equipment:

Send all athletic safety equipment for reconditioning after each sports season to maintain National Operating Committee on Standards for Athletic Equipment (NOCSAE) approval.

## Attachment 2—Procedure and Treatment Plan

To ensure that concussions and other head injuries are appropriately responded to by school district staff, the school district has adopted the following procedure and treatment plan to be utilized by school district staff in the event a student suffers a concussion or other head injury.

### **Return to Activity Protocol following a concussion.**

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004. When a student shows **ANY** signs or symptoms of a concussion:

1. The student-athlete will not be allowed to return to play in the current game or practice.
2. The student should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The student should be medically evaluated following the injury.
4. Return to activity 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 activity with exertion until asymptomatic for seven consecutive days.
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 full activity.

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

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