

Students

MOUNT PLEASANT COTTAGE SCHOOL UNION FREE SCHOOL DISTRICT**SUBJECT: STRATEGIES TO PREVENT CONCUSSIONS**

The New York State Education Department (SED) and the New York State Department of Health (DOH) recommend that a specific list of preventative strategies be appended to the Board Policy. Therefore, the Mount Pleasant Cottage School Union Free School District recommends the following strategies to minimize the risk of head injuries in the school setting and during all District sponsored events.

*These strategies may include, but are not limited to:

- 1) Activities that present a higher than average risk for concussion should be identified. These may include: interscholastic athletics, extramural activities, physical education classes and recess.
- 2) The physical design of facilities and their safety plans should be evaluated to identify potential risks for falls and other injuries.
- 3) Recess should include adult supervision. All playground equipment should be in good repair, with play surfaces composed of approved child safety materials.
- 4) Physical education programs should include plans that emphasize safety practices. Lessons on the need for safety equipment should be taught, along with the correct use of such equipment.
- 5) Rules of play should be reviewed and emphasized before all physical activity is commenced and enforced throughout.
- 6) The Athletic Director (AD) or Director of Physical Education (PE) should provide leadership and supervision for all aspects of the physical education program, including class instruction, intramural activities, and interschool athletic competition. It is recommended that the Athletic Director (AD) or Director of Physical Education (PE) ensure that all interscholastic athletic competition rules are followed, appropriate safety equipment is used, and rules of sportsmanship are enforced.
- 7) PE Directors should ensure that PE teachers and coaches are instructing student athletes to refrain from initiating contact with their head or to the head of another player.
- 8) Players should be proactively instructed on sport-specific safe body alignment and be encouraged to be aware of their surroundings.
- 9) Instruction in PE and on the athletic field should include lessons on sportsmanship, defining unsportsmanlike conduct, and enforcing penalties for deliberate violations.