

CONCUSSION MANAGEMENT

The Board of Trustees recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who attend public schools and especially among students who participate in sports and recreational activity and can have serious consequences if not managed carefully. Any student who is observed to, or is suspected of, suffering a significant blow to the head has fallen from any height or collides hard with another person or object, may have sustained a concussion. Therefore, the District adopts the following policy to support the proper evaluation and management of concussions or head injuries.

The Board of Trustees hereby declares its continuing commitment to the implementation of strategies to reduce the risk of head injuries in the school setting and during all district sponsored events. The Board further declares that the school nurse, and coaches shall complete the New York State Education Department approved required training courses. Educational programs shall be implemented to communicate the importance of proper concussion and head injury management efforts including procedures for coordinated communication with all involved parties.

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. While district staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses and other appropriate staff will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in any school sponsored class, extracurricular activity or athletic activity, shall be removed from that game or activity and shall be evaluated as soon as practicable by an appropriate health care professional. The nurse, coach or certified athletic trainer will notify the student's parents or of such action and shall recommend and effectuate appropriate monitoring.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the parent/legal guardian shall report that condition to the nurse, coach or certified athletic trainer so that the district can support the appropriate management of the condition. The Board recognizes that a student who has been diagnosed with a concussion requires both physical and cognitive rest including possible absence from attendance from school as determined by a health care provider. In such instances, provision shall be made and accommodations shall be implemented concerning the make-up of school work and the completion of missed tests and assignments. The student shall not return to school or to the specific activity until authorized to do so by an appropriate health care professional. Any student who continues to have signs or symptoms upon return to activity will be removed from play or activity and reevaluated by their health care provider. The school's chief medical officer, will have ultimate and final decision making authority on the issue whether a particular student may return to certain activities including physical education class and sports.

The District shall establish a Concussion Management Team consisting of the athletic director, school nurse or person(s) designated annually by the Board of Trustees. The Concussion Management Team (CMT), subject to the supervision of the Superintendent of Schools, shall implement and effectuate the School District Concussion Management Policy and the Regulations related thereto as established by the Superintendent of Schools.

The Superintendent of Schools is expressly authorized to obtain the services of a Physician such as a neurologist or other specialist in the diagnosis and treatment of concussions and head injuries on an as needed to assist the CMT in its procedures and decision making under this policy and the related Administrative Regulations to be established by the Superintendent of Schools.

The Superintendent of Schools, or the designee of the Superintendent, shall establish and issue a “Concussion Management Regulation” as an Administrative Regulation and in the implementation and application of the “Concussion Management Regulation, The Superintendent of Schools and the Concussion Management Team, as necessary, shall refer to and incorporate or apply the “Guidelines for Concussion Management in the School Setting” as issued by the New York State Education Department in June, 2012, together with the source documentation set forth therein, and as hereafter amended from time to time as the basic reference for such Administrative Regulation.

1st Reading:

CONCUSSION MANAGEMENT REGULATION

Education

Concussion education should be offered for all administrators, teachers, coaches, and school nurses. Education of parents should be accomplished through preseason meetings for sports and/or information sheets provided to parents. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussion may occur, why concussions are not detected with CT Scans or MRI's, management of the injury and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in school activity.

Concussion Management Team

The District will assemble a concussion management team (CMT). The CMT will consist of the school physician, school nurses and district certified athletic trainers. The District's CMT should coordinate training for all administrators, teachers, coaches and parents. Training should be mandatory for all coaches, assistant coaches and volunteer coaches that work with these student athletes regularly. In addition, information related to concussions should also be included at parent meetings or in information provided to parents at the beginning of sports seasons. Parents need to be aware of the school district's policy and how these injuries will ultimately be managed by school officials.

Training should include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis should be placed on the fact that no athlete will be allowed to return to play the day of injury and also that all athletes should obtain appropriate medical clearance prior to returning to play or school.

The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will review and/or design an appropriate plan for the student while the student is recovering.

The CMT will utilize the NYSPHSAA website as well as www.cdc.gov/concussion for information related to the signs and symptoms of concussions.

Concussion Management Protocol

Cognitive Rest

A concussion can interfere with school, work sleep and social interactions. Many athletes who have concussion will have difficulty in school with short and long term memory, concentration and organization. It is best to lessen the student's class load early on after the injury. The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Students with a concussion need rest from physical and mental activities that require concentration. These activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and cell phones can all worsen symptoms. They should be avoided until symptoms lessen.

Return to play

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a

second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance.

Reference:

In all instances; this Concussion Management Regulation shall be interpreted and applied in accordance with the “Guidelines for Concussion Management in the School Setting”, and the source documentation set forth therein, as issued by the New York State Education Department in June 2012 and as such Guidelines may be amended from time to time hereafter as the basic reference document concerning the implementation of this Administrative Regulation.

1st Reading: March 21, 2016

2nd Reading: