

SUBJECT: CONCUSSION MANAGEMENT POLICY

The Board of Education of the Cooperstown Central 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. This policy is developed in accordance with New York State law.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body resulting in rapid acceleration/deceleration of the brain. 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 a school sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity immediately. The student will not be permitted to return to activity until authorized by a physician or the school medical director. Once a student is evaluated by a physician it is required that the results and any diagnosis be shared with the school nurse in order to re-engage in school physical activities.

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 the school nurse so that district personnel can support the appropriate management of the condition. The student shall not return to school or activity until authorized to do so by a physician or the school medical director. The District has the right to request evaluations be performed by more than one physician before a final decision is made regarding 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 and re-evaluated by a physician. Students, who sustained a concussion while participating in athletics must be, both diagnosed and cleared by a physician. All other students may be diagnosed by a physician or nurse practitioner, but must be seen by a physician at some point in the management of the concussion.

The District will assemble a Concussion Management Team (CMT), whose responsibility will be to coordinate mandatory trainings*, as well as provide information to parents, students, and teachers. Training will include the signs and symptoms of concussions, post concussion and second impact syndromes, and return to play protocol. The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will consist of the following people:

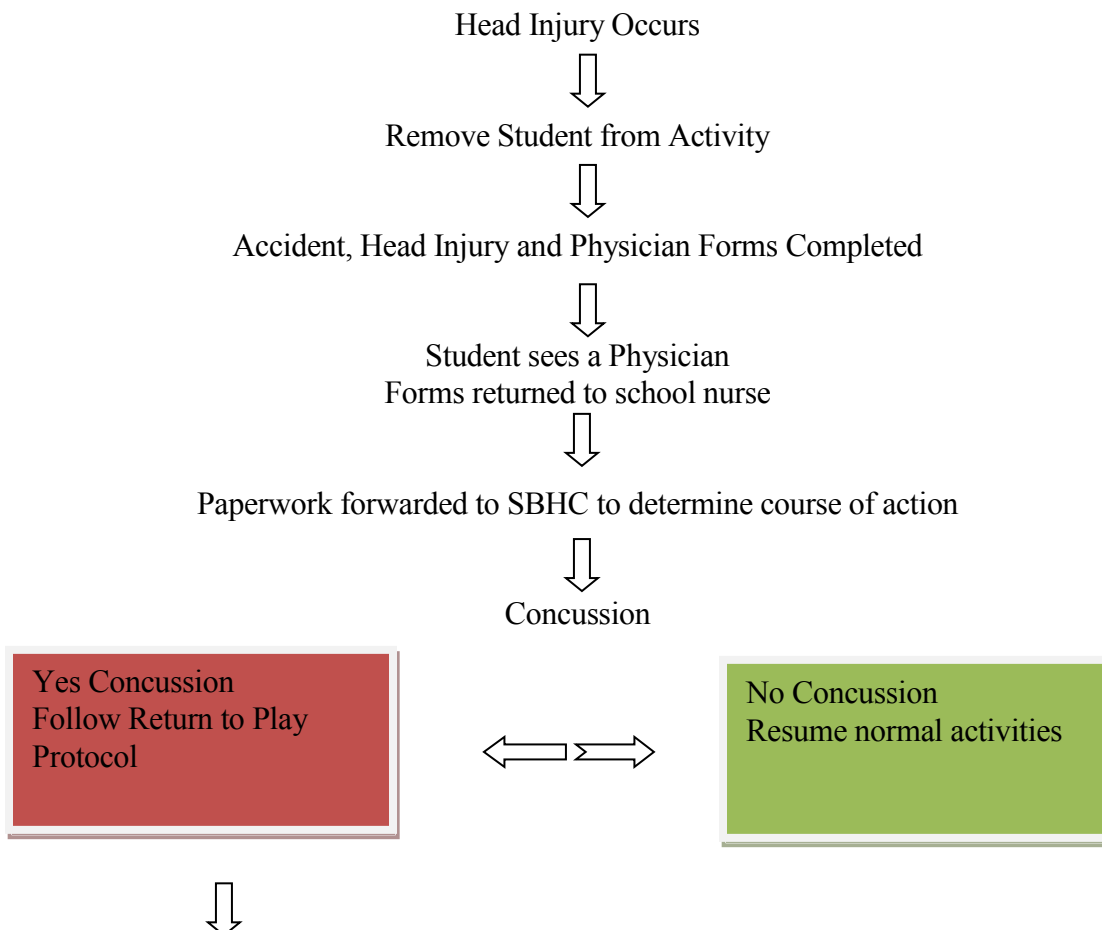
- School Nurse
- School Medical Director
- Director of Extracurricular Advisement and Athletic Director
- Athletic Trainer
- Physical Education and/or Health Director
- Other, as approved by the Board of Education

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*A course of instruction on concussion management will be required to be completed by all coaches, physical education teachers, nurses, and athletic trainers on a biennial basis. The District will utilize the NYSED approved course, which includes a definition of concussions, signs and symptoms of a concussion, how those injuries occur, practices for prevention and guidelines for return to school and play.

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

The following flow chart can be used to clarify the course of management for head injuries/concussions:



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Athletic injury-student must be re-evaluated by MD after Step 5 of the Return to Play Protocol to be cleared.

Non-athletic injury- student must see MD at least once during Return to Play Protocol before Step 6 for clearance if not diagnosed by an MD.

Return to Play Protocol

Return to play following a concussion involves a stepwise progression once the individual is symptom free. No student-athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. The attached *Concussion Checklist (3rd Revision)* must be completed by a coach as soon as possible after the injury is sustained. A physician should complete the Physical Evaluation. Both of these forms will need to be taken with the student to their physician. Upon completion of the physician's evaluation, all forms should be submitted to the school nurse. The school nurse will forward them to school medical director (School Based Health Center) for final review. The forms will be kept on file with the school nurse. Once the student-athlete is symptom free at rest for 24 hours and has a signed release by a physician, he/she will begin the return to play protocol progression outlined below. Each progression should be completed in sequence with a minimum of 24 hours between steps as determined by the school nurse using the return to play daily checklist. This will be communicated with the coach using the return to play coaches card.

Return to Play Protocol:

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

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

Day 3. Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4. Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5. Full contact training drills and intense aerobic activity.

Day 6. **Athletes** may return to full activities with clearance from a physician.

Non-athletes may return to full activities with clearance from Physician or Nurse Practitioner.
(Student must see a physician at least once either for diagnosis or before clearance.)

Should a student diagnosed with a concussion experience any symptoms during the return to play protocol, they should return to the activities of the previous step until symptom free. Students who sustain a concussion should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test. Academic accommodations may be ordered by a medical provider for students with prolonged recovery, or on an individual basis.

Adopted: 04/04/12

Amended: 03/06/13

Amended: 02/13/19