

**SCHOOL DISTRICT OF ATHENS**  
**MANAGEMENT OF CONCUSSIONS IN THE SCHOOL SETTING**

#453.12

Adopted: 12/21/2015

The District is committed to ensuring the safety of students while at school and when participating in any school-sponsored events and recognizes that educating key individuals, including students, student-athletes, parents, coaches, school administrators, athletic directors, teachers, athletic trainers, physicians, and other health care providers about prevention and early recognition of concussions remains the most important components of improving the care of students with concussions.

The District is aware that head injuries, including concussions, can happen to any student, not just an athlete and has developed procedures to address head injuries that occur during the school day, during school sponsored events and during school sponsored athletic events. Additionally, the District is committed to providing students who have experienced a concussion with a plan to ease back in to school life, in other words, a “return to learning”.

Definitions:

Concussion: a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces” and includes five major features:

1. Concussion may be caused either by a direct blow to the head, face, or neck or elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness (LOC). Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that in a small percentage of cases, postconcussive symptoms may be prolonged.
5. No abnormality on standard structural neuroimaging studies is seen in concussion.

Health care provider: a person to whom all of the following apply:

- holds a credential that authorizes the person to provide health care.
- is trained and has experience in evaluating and managing pediatric concussions and head injuries.
- is practicing within the scope of his or her credential.

Professional Nurse: is a nurse who has a certificate of registration under §441.06 or who is licensed as a registered nurse in a party state, as defined in §441.50 (2) (j) who performs for compensation of any act in the observation or care of the ill, injured, or infirm, or for the maintenance of health or prevention of illness of others, that requires substantial nursing skill, knowledge, or training, or application of nursing principles based on biological, physical, and social sciences, herein referred to as the School Nurse.

Credential: a license or certificate of certification issued by this state.

Youth athletic activity:

- an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity .
- does not include a college or university activity or an activity that is incidental to a nonathletic program.

### What Are the Signs and Symptoms of Concussion?

Concussion signs are things you can observe about the student. These include:

- Behavior or personality changes
- Blank stare, dazed look
- Lethargy
- Changes to balance, coordination, reaction time
- Delayed or slowed spoken or physical responses
- Disorientation (confused about time, date, location, game)
- Loss of consciousness/blackout (occurs in less than 10 percent of cases)
- Memory loss of event before, during, or after injury occurred
- Slurred/unclear speech
- Trouble controlling emotions
- Vomiting

Concussion symptoms are things the student tells you are happening. These include:

- Blurry vision/double vision
- Confusion
- Dizziness
- Feeling hazy, foggy, or groggy
- Feeling very drowsy, having sleep problems
- Headache
- Inability to focus, concentrate
- Nausea (stomach upset)
- Not feeling right
- Numbness or tingling
- Sensitivity to light or sound