

NINNEKAH PUBLIC SCHOOLS CONCUSSION/HEAD INJURY ACTION PLAN

COACHES' REQUIREMENTS

1. Every athlete will have a signed "**OSSAA physical form**" on file with the Principal or Athletic Director before they will be allowed to play.
2. Every athlete will have a signed "**Concussion and Head Injury Acknowledgement**" form on file with the Principal or Athletic Director before they will be allowed to play. Each athlete and their parent/legal guardian are to receive a copy of the "Concussion/Head Injury Fact Sheet" for Student-Athletes and Parents/Guardians.
3. View the 20-minute free video "Concussion in Sports: What You Need to Know" at the National Federation website at www.nfhslearn.com and sign a form that will be on file with the Principal or Athletic Director that will document the viewing.
4. Follow the procedures outlined below whenever a student-athlete is suspected of having a possible concussion. Report all such instances to the Principal or Athletic Director immediately. Use the "Ninnekah Schools Concussion/Head Injury Report" form to document the occurrence. A copy of the form should be filed with the Principal or Athletic Director.
5. If/when a student-athlete is released to participate, a copy of the **written permission** from a licensed health care provider must be filed with the Principal or Athletic Director. The coach is to keep and maintain all original forms.

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated right away by an appropriate health care professional. **Do not try to judge the severity of the injury yourself.** Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
3. Inform the athlete's parents or guardians about the possible concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. Allow the athlete to return to play only with **written permission** from a health care professional with experience in evaluating for concussion. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

Licensed Health Care Providers

What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?

Medical Doctors (MD)

Doctor of Osteopathy (DO)

Advanced Registered Nurse Practitioner (ARNP)

Physicians Assistant (PA)

Licensed Certified Athletic Trainers (ATC)