

CONCUSSION MANAGEMENT POLICY

The Board of Education recognizes that concussions and head injuries can occur with children and adolescents who participate in sports, recreational activities and extracurricular activities can have serious consequences if not managed carefully. In accordance with the *New York Concussion Management and Awareness Act*, the District adopts the following policy to support the proper evaluation and management of head injuries.

A 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 a 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, athletic trainers, and other appropriate staff shall receive training on a biennial basis 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 immediately from the game or activity and shall not return to such game or activity until he or she has been symptom-free for at least 24 hours and cleared by a licensed physician. The school nurse will notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians.

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 coach and/or school nurse so that the District can support the appropriate management of the condition.

The student shall not return to school or activity until the student has been evaluated by and received written and signed authorization from a licensed physician. Such authorization shall be kept on file in the student's permanent health record. In the event of any question as to the student's condition, the school's chief medical officer will make the final decision on 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 reevaluated by their health care provider.

Once the student is symptom free at rest for 24 hours without pain medication and has a signed release by the treating clinician, and has been cleared by the school nurse/school physician, she/he may begin the six-day phase return to play progression (provided there are no other mitigating circumstances). The return to play will be supervised by the school nurse.

Information relating to mild traumatic brain injuries, including the definition of a "concussion", signs and symptoms of mild traumatic brain injuries, how such injuries may occur, and guidelines for the student's return to school shall be posted on the District's website. Further, such information shall also be included on any permission or consent form that parents/guardians must sign for a student's participation in interscholastic sports.

The District has assembled a Concussion Management Team (CMT) to oversee the implementation of this policy. The CMT may also establish and implement a program that provides information on mild traumatic brain injuries to parents and guardians throughout each school year. CMT Members include: Athletic Director; School Physician; Athletic Trainer; School Nurse; Physical Education Teacher; Coach

Ref: Concussion Management and Awareness Act, 2011 N.Y. Laws, Chap. 496

Adopted: November 16, 2011

Revised: October 1, 2014