



HEWITT

CONCUSSION MANAGEMENT POLICY

The Hewitt School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and that these injuries can have serious consequences if not managed carefully. Therefore, the School adopts the following policy to support the proper evaluation and management of head injuries.

A concussion is a mild traumatic brain injury. A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussions will vary. Avoiding reinjury and overexertion until fully recovered are the cornerstones of proper concussion management.

While The Hewitt School 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. Concussion information is included in the paperwork students and families must review and sign in order to participate in interscholastic athletics and is also available on The Hewitt School's public website and internal Family Hub.

Any student exhibiting signs, symptoms, or behaviors indicative of a concussion while participating in a school-sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by the appropriate health care professional. The athletic trainer, coach, or school nurse will notify the student's parent or legal guardian and recommend appropriate monitoring.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the school expects the parent or legal guardian to report the condition to the school nurse so that The Hewitt School can support the appropriate management of the condition.

The student shall not return to school or school-sponsored activities until authorized to do so by an appropriate health care professional. Once a student has been cleared by their doctor, The Hewitt School's concussion management team (comprised of School Nurse Amy Black Johnston, Athletic Director Amy Mulligan, and the student's coach), will make the final decision about when the student may return to athletic activities, including physical education classes 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.