

**Concussions**

The Bethany Public School District (District) recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The District acknowledges the risk of catastrophic injuries or deaths is significant when a concussion or head injury is not properly evaluated and managed.

**Definitions**

For purposes of these administrative regulations concerning training regarding concussions and head injuries, the term:

Coach means any person who holds or is issued a coaching permit by the Connecticut State Department of Education and who is hired by the Bethany Board of Education to coach intramural or interscholastic athletics.

Licensed Health Care Professional means a physician licensed pursuant to Chapter 370 of the General Statutes, a physician assistant licensed pursuant to Chapter 370 of the Connecticut General Statutes, an advanced practice registered nurse licensed pursuant to Chapter 378 of the Connecticut General Statutes, or an athletic trainer licensed pursuant to Chapter 375a of the Connecticut General Statutes.

**Information**

The District shall implement the "Concussion Education Plan and Guidelines for Connecticut Schools," developed by the State Board of Education (SBE) per the stipulations of Public Act 14-66. Written materials, online training or videos, or in-person training shall address, at a minimum, the recognition of signs or symptoms of concussion, means of obtaining proper medical treatment for a person suspected of sustaining a concussion, the nature, and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion, proper procedures for return to athletic activity and current best practices in the prevention and treatment of a concussion.

The District will also utilize protocols developed by the SBE in consultation with the Commissioner of Public Health, the Connecticut Interscholastic Athletic Association (CIAC), and appropriate organizations representing licensed athletic trainers and county medical associations to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to engage in athletic activity after a concussion, of the proper method of allowing a student athlete who has sustained a concussion to return to athletic activity.

Annually the District will distribute a head injury and concussion information sheet to all parents/guardians of student participants in sport activities. The parent/guardian and student must return a signed acknowledgment indicating that they have reviewed and understand the information provided before the student participates in any covered activity. This acknowledgment form must be returned and be on file with the District in order for the student to be allowed to practice or compete in the sports activity.

The District recognizes that the CIAC prohibits student athletes from participating in any intramural or interscholastic activity unless the student athlete and his/her parent/guardian complete the concussion education plan of the SBE and its contributing organizations to such plan. Prior to participating in any intramural or interscholastic athletic activity a parent/guardian of each student athlete and the student athlete must (1 read written materials, (2 view online training videos, or (3 attend in-person training regarding the District's concussion education plan.

The District will utilize the consent form developed or approved by the SBE with parents/guardians of student athletes in intramural or interscholastic activities regarding concussions. This form shall provide a summary of the concussion education plan developed or approved by the SBE and a summary of the Board's policy regarding concussions. The consent form shall be returned to the appropriate school authorities, signed by the parent/guardian, attesting to the receipt of such form and authorizing the student athlete to participate in the athletic activity.

### **Training**

Any coach of intramural or interscholastic athletics employed by the District shall complete an initial training course, approved by the State Board of Education (SBE), regarding concussions which are a type of brain injury prior to commencing the coaching assignment for the season. Such training course shall include, but not be limited to:

1. the recognition of the signs and symptoms of a concussion;
2. the means of obtaining proper medical treatment for a person suspected of having a concussion;
3. the nature and risk of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion; and
4. the proper method of allowing a student athlete who has sustained a concussion to return to athletic activity.

Each school year any coach who has completed the initial training course regarding concussions shall annually review current and relevant information, developed or approved by the SBE, regarding concussions prior to the start of the coaching assignment. This annual review is not required in any year the coach is required to complete a refresher course. Only coaches holding a permit issued by the SBE who have completed an approved initial training course regarding concussions and subsequent review of current and relevant information on this topic and required refresher courses shall be permitted to coach intramural and/or interscholastic athletics for the District.

The required refresher course regarding concussions shall include, but not be limited to, an overview of key recognition and safety practices, an update of medical developments, current best practices in the field of concussion research, and prevention and treatment. Said refresher course shall also contain an update on new relevant federal, state, and local laws and regulations.

## PERSONNEL - CERTIFIED

## Regulation 4116.3(c)

Further, in compliance with applicable state statutes, the coach of any intramural or interscholastic athletics shall immediately remove any student athlete participating in intramural or interscholastic athletics who (1 is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body during a practice, game or competition, (2 is diagnosed with a concussion, or (3 is otherwise suspected of having sustained a concussion because such student athlete is observed to exhibit signs, symptoms or behaviors consistent with a concussion regardless of when such concussion or head injury may have occurred. Upon such removal, the coach or other qualified school employee defined in Connecticut General Statutes Section 10-212a shall notify the student athlete's parent/guardian that the student athlete has exhibited such signs, symptoms, or behaviors consistent with a concussion or has been diagnosed with a concussion. Such notification shall be provided not later than twenty-four (24) hours after such removal. However, a reasonable effort shall be made to provide such notification immediately after such removal.

The coach shall not permit such student athlete to participate in any supervised athletic activities involving physical exertion, including, but not limited to, practices, games or competitions, until such student athlete receives written clearance to participate in such supervised athletic activities involving physical exertion from a licensed health care professional trained in the evaluation and management of concussions.

Following medical clearance, the coach shall not permit such student athlete to participate in any full, unrestricted supervised athletic activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions and such student athlete (1 no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, and (2 receives written clearance to participate in such full, unrestricted supervised athletic activities from a licensed health care professional trained in the evaluation and management of concussions.

The District, as required and annually thereafter, will collect and report to the SBE all occurrences of concussion. The report shall contain if known, the nature and extent of the concussion, and the circumstances in which it was sustained.

Legal References:       Public Act 10-62

Public Act 14-66

*Concussion Education Plan and Guidelines for Connecticut Schools* adopted by the State Board of Education, January 7, 2015

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