

HEAD INJURY/CONCUSSION

Any student that falls and hits their head – whether it is during a sport or they fall off their skate board, should be monitored.

Symptoms of possible concussion are:

- a. headache
- b. dizziness
- c. blurred vision
- d. nausea/vomiting
- e. odd behavior

WHAT TO DO IF YOUR CHILD HAS SUSTAINED A CONCUSSION?

A student who has sustained, or is believed to have sustained, a traumatic brain injury (concussion) must be immediately removed from participation in athletic events. Athletic activities include competition, practices, conditioning, and any other school-sponsored physical activity. If there is a doubt about the diagnosis of the injury, it will be presumed that it is a traumatic brain injury until proven otherwise.

What a student/parent needs to do when a concussion is suspected:

1. A parent/guardian must inform the school nurse when their child is believed to have sustained a concussion.
2. The school nurse will require the child to visit their physician and have the physician complete the **CONCUSSION EVALUATION: INITIAL VISIT** document.

If a student went to the Emergency Room, a copy of the Discharge Papers and a Physical Education Excuse should be given to the nurse until the **EVALUATION: INITIAL VISIT** document is completed by their own physician. Documentation that a student did or did not sustain a concussion must be provided by a physician.

3. If the physician states that the child had a concussion, the nurse will require the **CONCUSSION EVALUATION: FOLLOW UP VISIT** document be completed by their physician stating the student has been asymptomatic for 24 hours and may start the **RETURN TO PLAY PROTOCOL**. (Steps for returning to play are listed below.)
4. The WCSD Return to Play Protocol will take place in the weeks ahead. The exact amount of time to complete the protocol will vary depending on the individual student and circumstances.
5. If there are any questions or concerns regarding the WCSD Concussion Policy, please contact the school nurse in the school your child attends.