

ADMINISTRATIVE REGULATION

No.545

Board of Trustees

Douglas County School District

STUDENTS

Concussions and Other Head Injuries

Introduction

Concussion is a type of traumatic brain injury usually sustained as a result of impact or collision that can interfere with normal brain function. What may appear to be only a mild jolt or blow to the head or body can result in a concussion. There is no such thing as a minor brain injury. Therefore, the procedures in this regulation must be followed for any suspected concussion or head injury.

Prevention and Preparation:

The District will distribute a head injury and concussion information sheet to all parents and guardians of student participants in competitive sports activities. The parent/guardian and student must return a signed acknowledgement indicating that they have reviewed and understand the information provided before the student may participate in any sports activity. District personnel will regularly remind student athletes to immediately inform coaching staff and/or other District personnel if a blow to the head or to the area near the head has been sustained by the student himself or herself or to a teammate, or if a concussion or other head injury is suspected.

Recognition and Management:

If a student athlete exhibits any sign or signs, symptoms, or behaviors that are suspicious or that may indicate he or she may have sustained a concussion or other head injury, such athlete must be immediately removed from all physical activity, including sports and recreation. Continued participation in physical activity after a concussion or other head injury has been sustained can slow recovery, exacerbate the condition, and/or increase the likelihood of long-term problems.

Parents and coaches are not expected to be able to diagnose a concussion or other significant injury; that is the role of appropriate health care professionals. A student who participates in interscholastic athletics or other District-sponsored physical recreational activities, and who sustains or is suspected of having sustained a concussion or other head injury shall be immediately removed from further or continued practice or competition.

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Return to Play or Activity:

Resumption of physical activity must not be permitted until he or she is symptom free and has been given clearance to resume physical activity by a **medical doctor**.

If symptoms of a concussion re-occur, or if concussion signs and/or behaviors are observed at any time upon resumption of the activity, the athlete or participant must immediately discontinue all activity and be re-evaluated by a **medical doctor**.

What to do in an Emergency Situation:

Although rare, there are some situations where District personnel must call 911. The following circumstances constitute medical emergencies and require immediate action:

1. Any time an athlete or participant sustains a loss of consciousness of any duration. While loss of consciousness does not always occur and is not required for a concussion to be suspected or diagnosed, it may indicate more serious brain injury.
2. An athlete or participant exhibits any of the following symptoms or conditions: decreased level or loss of consciousness; appearing or looking very drowsy or cannot be awakened; difficulty in getting his or her attention; disorientation; irregular, difficult, or labored breathing; onset of severe or worsening headache; persistent vomiting; or seizure or similar condition.

[See Policy related to this Administrative Regulation](#)

Date Adopted: 4/10/2012