

STUDENT SPORTS – CONCUSSION, HEAD INJURY AND SUDDEN CARDIAC ARREST: 3422P

Concussion, Head Injury and Sudden Cardiac Arrest Management in Student Sports Athletic Director or Administrator in Charge of Athletics Duties:

1. **Updating:** Each spring, the Athletic Director, or the Administrator in charge of athletics if there is no Athletic Director, will review any changes that have been made in forms required for concussion, head injury and sudden cardiac arrest management by consulting with the Washington Interscholastic Activities Association (WIAA) or the WIAA website. If there are any updated forms, they will be adopted and used for the upcoming school year.
2. **Identifying Sports:** By June 30 of each year, the Athletic Director or Administrator in charge will identify competitive sport activities in the district for which compliance with Policy 3422 is required. A list of competitive sports activities, Policy 3422 and this procedure will be distributed to all coaching staff and volunteers.

Coach Training: All coaches will undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through attendance at a WIAA or similar clock hour presentation, which uses WIAA guidelines; or (2) by completing WIAA online training. All coaches will undergo training in sudden cardiac arrest prevention yearly by completing an online program developed by the WIAA and the University of Washington Medicine Center for Sports Cardiology and providing proof of completion of same to the district.

Parent Information: On a yearly basis and prior to the youth athlete's initiating practice or competition, a concussion and head injury information sheet will be signed and returned by the youth athlete and the athlete's parent and/or guardian. The information sheet will also incorporate a statement attesting to the student and parent/guardian's review of the online pamphlet on sudden cardiac arrest posted on the OSPI website. The statement must be signed by both the student and parent/guardian. The information sheet may be incorporated into the parent permission sheet, which allows students to participate in extracurricular athletics.

Coach's Responsibility: A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game or one who exhibits symptoms of sudden cardiac arrest will be immediately removed from play.

Return to Play After Concussion, Head Injury or Symptoms of Sudden Cardiac Arrest: A student athlete who has been removed from play may not return to any FWPS activity (athletics, PE, open gym, swimming, etc.) until the athlete is evaluated by a licensed health care provider (Medical Doctor, Doctor of Osteopathy, Advanced Registered Nurse Practitioner, Physician's Assistant or Licensed Certified Athletic Trainer) trained in the evaluation and management of

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concussion and received written clearance to return to play from that health care provider on the return to play form. All athletes diagnosed with a concussion must receive exertion testing clearance prior to return to play status. Prior to the exertion testing athletes must be without concussion symptoms for at least 48 hours.