HEWLETT-WOODMERE UFSD **Policy 5421**

( ) Required
(X) Local
(X) Notice

CONCUSSION MANAGEMENT POLICY

The Board of Education of the Hewlett of the Hewlett-Woodmere School District recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in interscholastic athletic activity, physical education class and extracurricular or school-sponsored activity. Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussions will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.
Therefore, the School District adopts the following policy and guidelines to assist in the proper evaluation and management of head injuries.

The School District will establish a Concussion Management Team (CMT). The CMT may consist of the athletic director, a school nurse, the school physician, a coach of an interscholastic team, a certified athletic trainer, or such other appropriate personnel as designated by the School District. The CMT will oversee the implementation of the Concussion Management and Awareness Act in the School District, including but not limited to: coordination of mandatory biennial training relating to concussions, for all coaches, physical education teachers, nurses and certified athletic trainers that work with and/or provide instruction to, students engaged in school sponsored athletic activities; concussion information dissemination; and removal and return to play protocols. The CMT shall establish and implement a program which provides information on concussions to parents and guardians throughout each school year.

The School District will ensure that each school coach, physical education teacher, nurse and certified athletic trainer completes the required approved training course on concussion management and awareness, on a biennial basis. The training course will include, but not be limited to: the definition of a mild traumatic brain injury (also known as "concussion"), signs and symptoms of concussions and how they may occur, practices regarding prevention and guidelines for students' return to school and school activities after suffering a concussion, regardless of whether such injury occurred outside of school. In addition, the School District will ensure that parents, students and other staff receive concussion education as appropriate.

Any student believed to have sustained a concussion or who is demonstrating signs, symptoms or behaviors consistent with a concussion, while participating in a school sponsored class, extracurricular activity, interscholastic athletic activity or any other athletic activity shall immediately be removed from the athletic activity and be evaluated as soon as possible by a licensed physician. The School District will take steps to notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians. The CMT will act as a liaison for any student returning to school and/or athletic activity following a concussion. If there is any doubt whether a student has sustained a concussion, the injury will be treated as a concussion until proven otherwise. If a student sustains a concussion at a time other than when engaged in a school sponsored activity, the School District expects that the student's parent/guardian will report the condition to the school Health Office so that the School District can support proper management of the condition.

No student shall return to athletic activity while experiencing symptoms consistent with those of a concussion. No student shall resume athletic activity until he/she has been symptom free for not less than twenty-four (24) hours and has been evaluated by, and received written and signed authorization from a licensed physician. The medical director will make the final decision on return to extra class athletic activities. Depending on the severity of the head injury and the individual circumstances of the student, appropriate modifications may be made to the student's participation in school in an effort to reduce the risk of re-injury and promote recovery. Collaboration between students, parents, physicians and the School District will help ensure the development of an appropriate concussion management plan for the student. Parents and/or students are expected to accurately and promptly report injuries so that the student's health can be protected.

The School District shall make information available on its website regarding concussions and the guidelines for return to school and school activities once a concussion has been sustained by a student. The School District shall also include such information in any parent/guardian permission form or consent form required for a student's participation in interscholastic sports.
The School District will implement strategies to reduce the risk of head injuries in the school setting and at school sponsored events.

In addition, the CMT shall develop school protocol, including a procedure and treatment plan, for concussion management in the School District, and shall coordinate communication among appropriate staff to ensure the post-concussion management orders of an injured student's physician are implemented and followed. Such protocol shall be developed and implemented in accordance with applicable law and this policy.

The School District shall periodically review this Policy to ensure its effectiveness on concussion management and awareness.

Reference: N.Y. Education Law § 305
8 NYCRR § 136.5

Resource Materials: *NYSPHSAA Concussion Management Support Materials and Guidelines*
http://www.nysphsaa.org/safety/

Policy Adopted: May 18, 2016

Amended: August 23, 2023

List of Preventative Strategies

The School District is committed to implement strategies which will help reduce the risk of head injuries in the school setting and during school sponsored events. To further that commitment, the School District will take the following actions:

- Provide information related to concussions to parents and/or guardians persons each school year. The required information will be included in student, parent, and athletic handbooks and permission forms before each sports season.

- Ensure that there is a link to online concussion management information from the NYS Department of Health and NYSED included on the athletic department's page of the School District website.

- The following is a list of tasks that may be performed by those individuals engaging in school sponsored extracurricular activities:

    - Pre-participation Training: Encourage students to engage in strength training and conditioning programs prior to participating in a sport

    - Practice: Students will receive instruction and practice the proper techniques to use while playing a sport

    - Rules: Students will be instructed in and follow the rules of a sport

    - Mouthguards: Require the use of mouthguards in football, wrestling, and lacrosse

HEWLETT-WOODMERE UFSD **Regulation 5421**

Procedure and Treatment Plan

To ensure that concussions and other head injuries are appropriately responded to by School District staff, the School District has developed the following procedure and treatment plan to be utilized by School District staff in the event a student suffers a concussion or other head injury.

Concussion Management
Return to Play Protocol

Return to Play Protocol and Clearance

Student-athletes who sustain, or are suspected to have sustained, a concussion during athletic activities will be immediately removed from such activities. No student-athlete should return to full athletics before going through a return-to-play protocol including a post-injury neurocognitive (ImPACT) test. The return-to-play protocol is usually a3-6 day supervised program. Return to play following a concussion involves a stepwise progression once the student-athlete is symptom free. No student should return to play while symptomatic. Student-athletes are prohibited from returning to play the day the concussion is suspected. If there is any doubt as to whether a student-athlete has sustained a concussion during activity, it should be treated as a concussion.

STEP 1:

Evaluation by a licensed New York State physician, nurse practitioner, physician's assistant or a Credentialed ImPACT Consultant(CIC). Student-athletes must provide the Health Office with written authorization allowing the resumption of full physical activity by a licensed New York State physician, nurse practitioner, or physician's assistant and the student-athlete shall undergo post-injury neurocognitive (ImPACT) testing.

STEP 2:

Initiate Return to Play Protocol administered by the Certified Athletic Trainer.

Day 1: Low impact, non-strenuous, light aerobic activity.
Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.
Day 3: Sport specific non-contact activity. Initiate low resistance weight training with a spotter.
Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.
Day 5: Full contact training drills and intense aerobic activity.
Day 6: Return to full activities with clearance by the Certified Athletic Trainer.

Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed. If a student -athlete is not progressing, or there is an indication of a more

serious head injury, the Certified Athletic Trainer will notify the school nurse. The school nurse will consult with the school physician and the student-athlete may be required to see a neurologist prior to continuing the Return to Play Protocol.

Any return of symptoms during the return to play protocol, the student-athlete will return to the previous day's activities until symptom free. The Certified Athletic Trainer and school nurse will oversee the return to play protocol with the school physician. Final return to play decisions will be made by the School District's Chief Medical Officer/Physician by providing written authorization allowing the resumption of all activities.

Regulation Adopted: May 18, 2016