

## CONCUSSION GUIDELINES AND PROCEDURES

### I. Education

Concussion education should be provided for all administrators, teachers, coaches, school nurses, athletic trainers and guidance counselors. This course must meet the requirements of the Commissioner's Regulations Section 136.56 and must be approved by the State Education Department. Coaches may also meet the mandatory training every two (2) years by taking the approved course Concussion in Sports-V2.0 from the National Federation of State High School Associations. Education of parents should be accomplished through preseason meetings for sports and/ or information sheets provided to parents. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI's, management of the injury and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

### II. Concussion Management Team

A. The District will assemble a concussion management team (CMT). The CMT will consist of the School Physician, Athletic Director, and School Nurse. The District's CMT should coordinate training for all administrators, teachers, coaches and parents. Training should be mandatory for all coaches, assistant coaches and volunteer coaches that work with these student athletes regularly. In addition, information related to concussions should also be included at parent meetings or in information provided to parents at the beginning of sports seasons. Parents need to be aware of the school district's policy and how these injuries will ultimately be managed by school officials.

B. Training should include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis should be placed on the fact that no athlete will be allowed to return to play the day of injury and also that all athletes should obtain appropriate medical clearance prior to returning to play or school.

C. The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will review and/or design an appropriate plan for the student while the student is recovering.

1. \*School district CMT's can utilize the NYSPHSAA website as well as [www.keepyourheadinthegame.org](http://www.keepyourheadinthegame.org) for information related to the signs and symptoms of concussions and the appropriate return to play protocols. A

## **CONCUSSION GUIDELINES AND PROCEDURES (cont)**

handout describing the Concussion Management teams is also available on the NYSPHSAA website. A Concussion Management Checklist that has been approved and recommended by NYSPHSAA is available on this site.

### III. Concussion Management Protocol

#### A. Return to play

1. Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These NYSPHSAA current returns to play recommendations are based on the most recent international expert opinion.\* No student athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free at rest for 24 hours and has a signed release by the treating physician, she/he may begin the return to play progression below (provided there are no other mitigating circumstances).

Day 1: Light aerobic activity

Day 2: Sport-specific activity

Day 3: Non-contact training drills

Day 4: Full contact practice

Day 5: Return to play

B. 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.

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New York Mills Union Free School District

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\*These are the NYSPHAA current return to play recommendations are based on the most recent international expert opinion.



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### **CONCUSSION POLICY ACKNOWLEDGEMENT FORM**

I have read the New York Mills Union Free School District's Policy #7100 and #7100.1, Concussion Policy and understand my responsibilities as parent/guardian in the event that my child suffers an injury resulting in a concussion. I agree to adhere to the Concussion Policy as written in order for my child to safely participate in sports at the Jr.-Sr. High School.

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Students name (Please print)

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Parent/Guardian Signature

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Date