

MAMARONECK UNION FREE SCHOOL DISTRICT

Concussion Management Protocol

Health Services

CONCUSSION MANAGEMENT GUIDELINES

GOAL: To assess severity of a head injury and guide the safe return to participation in Athletics/Physical Education/Recess/Learning.

Mamaroneck UFSD has adopted the following procedure for Concussion Management.

In the event of a concussion, the following steps must be taken:

1. Staff witnessing injury completes **Incident report** within 24 hours and submits to Administration.
2. Staff/parent/guardian notifies the Health Office ASAP.
3. School nurse contacts parent/guardian to discuss and provide a **Concussion Packet**.
4. **Physician Evaluation Form – Part B** or medical note must be provided to Health Office after initial evaluation by student's physician including academic modifications if needed.
5. If concussion is diagnosed, nurse advises athletics, teachers, guidance counselor and administrator that student may not participate in athletics/ physical education/recess.
6. If there is a physician recommendation for academic modifications the nurse contacts administration, and guidance counselor to convene a team meeting.
7. Administrator/Guidance Counselor communicates to teachers any academic modifications.
8. Student is re-evaluated by their physician no earlier than 48 hours before the student is ready to return and 5-7 days after the injury. Student's physician completes **Physician Evaluation Form – Part C and all academic modifications will cease**.
9. After receipt of **Physician Evaluation Form – Part C** the school nurse will gather all documentation including academic feedback by teachers and email district physician for review for **Gradual Return to Play** (GRTP)

Student/ Athlete may participate in the **Gradual Return to Play Protocol** to resume athletics/ physical education/recess when approved by the Health Office based on the following guidelines:

- a. First/ any concussion :
 - Under no circumstances can an athlete who sustained a concussion participate in school athletics/practice/game/physical education/recess for a minimum of 7 days following concussive episode.
 - Completion of **Physician Evaluation Form – Part C**.
- b. Second or Multiple Concussions :
 - Completion of **Physician Evaluation Form – Part C**.
 - Will be evaluated on a case-by-case basis and may require more advanced testing.
 - All medical, health – related or clearance letters **must** be submitted to the Health Office.

At any time, if a student presents with ongoing symptoms, any school personnel can question any physician clearance note, removing a student from athletics/practice/game/physical education/recess.

- a) Should there be any resurgence of symptoms, a re-evaluation by the student's physician is necessary.
- b) An additional **Physician Evaluation Form – Part C** will be completed. Final clearance for **Gradual Return to Play Protocol** is at the discretion of the school physician.

Attachments:

- Concussion Management Protocol Policy
- Concussion Packet includes:
- PE Teacher/Coach/ Athletic Trainer
- Gradual Return to Play Form Elementary 3 Levels, Secondary 5 Levels
- CDC Heads Up Information Elementary/Secondary/Athletics