

Bismarck Public Schools Concussion Plan

The North Dakota High School Activities Association (NDHSAA) has developed a Concussion Management Procedure in accordance with North Dakota State Law (NDCC 15.1-18.2-04). The most recent version of the procedure was approved June 18-19, 2013. Go to http://www.ndhsaa.com/files/NDHSAA_Concussion_Policy.pdf to view NDHSAA Concussion Management Procedure.

For the purpose of clarifying this concussion management plan for the Bismarck Public Schools:

For the 2023-2024 school year an agreement is in place by and between Sanford Health and the Bismarck Public Schools (BPS) to provide sports medicine services to student-athletes of the BPS.

The BPS sports medicine provider will follow the NDHSAA Concussion Management Procedure.

The BPS sports medicine provider will be considered the licensed, registered, or certified health care provider for all student-athletes of the Bismarck Public Schools regarding injury and concussion management. As outlined in the NDHSAA Concussion Management Procedure - a licensed, registered, or certified healthcare provider whose scope of practice includes the recognition of concussion signs and symptoms determines, after observing the athlete, that they may have a concussion.

Any student-athlete that has or is suspected of having a concussion should be removed from play; not return to activity on the day of injury; and be evaluated by a member of the BPS sports medicine provider staff (the athletic trainer at the respective school) at the earliest possible convenience. Any student-athlete that has or is suspected of having a concussion must be cleared by a member of the BPS sports medicine provider's staff (the athletic trainer at the respective school) before they can return to practice or competition. Even if the student-athlete is cleared by a physician or another medical professional, the concussed student-athlete must follow the BPS Concussion Management Plan.

If a member of the BPS sports medicine provider's staff is not on hand, the athlete cannot re-enter the contest. A coach or a spectator with medical background does not qualify as a licensed, registered or certified health care provider for Bismarck Public Schools.

The sports medicine staff will also utilize the BPS sports medicine provider's Concussion Policy for management of sports related concussion for all BPS sports medicine provider's associates. Management includes the use of the SCAT6 (Sports Concussion Assessment Tool, 6th edition) and Sway testing as well as established return to play progression plan.

All BPS athletic teams will follow the BPS Concussion Management Plan. If a student-athlete that participates on a BPS sponsored team (co-op) attends a school that has their own concussion management plan, the BPS plan is the one that will be followed.

If you have questions, please feel free to contact Dave Zittleman, Activities Director, Bismarck Public Schools, (701) 323-4079, dave_zittleman@bismarckschools.org

Concussion Baseline, Sideline evaluation, Return-to-learn and Return-to-play Testing

Bismarck Public Schools and Sanford Health will no longer be using the ImPACT baseline and post-injury testing for concussion care. Instead, starting with the 2023-24 school year, BPS and Sanford will utilize an app from Sway Medical for all concussion baseline testing, sideline evaluation and return-to-learn and return-to-play for all student-athletes grades 9-12 participating in athletics prior to the start of their competitive season. With Sway, we are able to establish balance and cognitive baselines in roughly 20 minutes for all our student-athletes at once that have a mobile device to use. The mobile dashboard for the athletic trainer allows them to monitor each athlete's progress through the baseline session in real time.

Criteria for those who need to take a Baseline Test is listed below:

- Baseline testing needs to be done for ALL participants in grades 9-12 for ALL sports before the date of your first competition.
- Athletes cannot participate in competition without a baseline test.
- ***Athletes will need to bring their smartphone or tablet to testing with Sway app already downloaded.***
 - Testing CANNOT be completed using a laptop/Chromebook.
 - In addition to athletes in grades 9-12 participating in sports, baseline testing will also include.....
 - Any 7th or 8th grader that will be up practicing or competing with the varsity and/or sub-varsity programs.
 - Any co-op student athlete from another school that participates on a BPS sponsored team.
 - All 7th and 8th grade football players

Testing times will be arranged and supervised by a Certified Athletic Trainer. If a student is a multi-sport athlete, the student will only be required to take the baseline exam once in a school year.

Concussion Education

In accordance with North Dakota State Law (NDCC 15.1-18.2-04) regarding concussion management, the concussion management program must require that each official, coach, and athletic trainer receive biennial training regarding the nature and risk of concussion.

Coaches

ALL Bismarck Public School District coaches (head, assistant, varsity, sub-varsity, volunteer, etc.) are required to complete the free Concussion in Sport online course on the National Federation of State High School Associations (BFHS) Learning website. Once the course is completed, a copy of the certificate of completion must be submitted. **A certificate from each**

individual coach is required, this MAY NOT be done as a group activity and one certificate submitted for the group as proof of completion.

All BPS Coaches for grades 7-12 are also required to read and complete the [Concussion Information Sheet](#) on a yearly basis.

Student-athletes and Parents

BPS shall ensure that before a student-athlete is allowed to participate in an athletic activity, the student-athlete and the student-athlete's parent/guardian shall document that they have viewed information regarding concussions incurred by students participating in athletic activities.

It is highly recommended that every student-athlete and parent/guardian should successfully complete the free 60 minute NFHS online course "Concussion in Sports". The course can be accessed at: <https://nfhslearn.com/courses/concussion-in-sports-2>