

2 Management of Sports Related Concussions

3 The District recognizes that concussions and head injuries are commonly reported injuries in children
4 and adolescents who participate in sports and other recreational activities. The Board acknowledges
5 the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly
6 evaluated and managed. Therefore, all K-12 organized sports activities, as defined by state law, will
7 be identified for head injury management practices by the district administration.

8 Consistent with guidelines provided by the U.S. Department of Health and Human Services, Centers
9 for Disease Control and Prevention, the National Federation of High School (NFHS) and the Montana
10 High School Association (MHSA), the District will utilize procedures developed by the MHSA and other
11 pertinent information to inform and educate coaches, athletic trainers, officials, youth athletes, and
12 their parents and/or guardians of the nature and risk of concussions or head injuries, including the
13 dangers associated with continuing to play after a concussion or head injury. Resources are available
14 on the Montana High School Association Sports Medicine page at www.mhsa.org, U.S. Department of
15 Health and Human Services page at www.hhs.gov, and the Centers for Disease and Prevention page
16 at www.cdc.gov/concussion/sports.index.html.

17 **Removal from Participation**

18 An athletic trainer, coach, or official shall immediately remove from play, practice, tryouts, training
19 exercises, preparation for an athletic game, or sport camp any student-athlete who is suspected of
20 sustaining a concussion or head injury or other serious injury.

21 **Return to Play After Concussion or Head Injury**

22 In accordance with MHSA Return to Play Rules and Regulations and The Dylan Steigers Protection of
23 Youth Athletes Act, a student athlete who has been removed from play, practice, tryouts, training
24 exercises, preparation for an athletic game, or sport camp may not return until the athlete is cleared
25 by a licensed health care professional who specializes in concussion management and is under contract
26 with the school district. This certified health care provider may be a volunteer.

27 **Impact Testing**

28 As a component of the District's sports related concussion management procedures, the District will
29 utilize a neurocognitive computer-based test or other recognized neurocognitive testing program to
30 establish a baseline of short-term memory processing speed and reaction time. Post injury scores
31 should be comparable to the original baseline score and the student-athlete will be asymptomatic prior
32 to being released to continued participation. The Impact Testing will be initiated at the high school
33 level in all competitive sports activities.

34 **Right to Deny Participation**

35 The District reserves the right to deny student-athlete participation in practices or competitions as a
36 preventative measure to further safeguard student health.

37 **Information for Parents and Athletes**

38 Annually, the district will distribute a head injury and concussion information and sign-off sheet to all
39 parents and guardians of student-athletes in competitive sport activities prior to the student-athlete's
40 initial practice or competition.

1 **Training**

2 All coaches, athletic trainers, officials, including volunteers participating in organized youth athletic
3 activities, shall complete the training program at least once each school year as required in the District
4 procedure. Additionally, all coaches, athletic trainers, officials, including volunteers participating in
5 organized youth athletic activities will comply with all procedures for the management of head injuries
6 and concussions.

7 Reference:

8 Montana High School Association, Rules and Regulations, Section 4, Return to Play. www.mhsa.org

9 Montana High School Association, Sports Medicine, www.mhsa.org

10 Legal Reference:

11 Dylan Steigers Protection of Youth Athletes Act

12 20-7-1303 MCA Young Athletes—Concussion education requirements

13 20-7-1304—Young Athletes—Removal from participation following concussion—medical clearance

14 required before return to participation

15 Cross Reference:

16 3415F Student-Athlete & Parent/Legal Custodian Concussion Statement

17 Policy History:

18 Adopted on: March 14, 2016

19 Reviewed on:

20 Revised on: