

ARCHBISHOP WILLIAMS HIGH SCHOOL (AWHS)
CONCUSSION POLICY
(Updated: 6/2024)

Purpose:

This policy provides for the implementation of MA 105 CMR 201.000, *Head Injuries and Concussions in Extracurricular Athletic Activities*. Archbishop Williams High School extends this policy to include any student who has sustained a diagnosed concussion in grades 7 through 12.

The purpose of this policy is to provide information and standardized procedures for persons involved in the prevention, training management, and return to activity decisions regarding students who incur head injuries including but not limited to interscholastic sports in order to protect their health and safety. This policy provides the procedures and protocols for AWHS in the management of and prevention of head injuries within the school.

Upon the adoption of this policy by Archbishop Williams High School President and Principal of schools, the Head School Nurse shall ensure that the Department of Public Health receives an affirmation on school letterhead that AWHS has adopted a final policy in accordance with law. This affirmation shall be updated biennially by September 30th every odd year upon review or revision of the policy.

Protocol:

Most students who sustain a concussion can fully recover as long as their brain has time to heal before sustaining another injury; however, relying only on a student's self-report of symptoms to determine injury recovery is inadequate as many students are not aware of the signs and symptoms or the severity concussive injuries pose. They may also feel pressure from coaches, parents and/or teammates to return to play as quickly as possible. One or more of these factors will likely result in under diagnosing the injury and a premature return to play. Massachusetts General Laws and Department of Public Health regulations make it imperative to accurately assess and treat students when concussions are suspected.

Students who receive concussions may appear to be "fine" on the outside, when in actuality they have a brain injury and are not able to return to play. Incurring a second concussion can prove to be devastating to a student. Research has shown that young concussed athletes who return to play before their brain has healed are highly vulnerable to more prolonged post-concussion syndrome or, in rare cases, a catastrophic neurological injury known as Second Impact Syndrome.

The following protocol will discuss and outline what a concussion is, the mechanism of injury, signs and symptoms, management and return to play requirements, as well as information on Second Impact Syndrome and Post Concussion Syndrome. Lastly, this policy will discuss the importance of education for our students, coaches, parents, and other persons required by law. This policy also applies to volunteers who assist with extracurricular athletic activities. Such volunteers shall not be liable for civil damages arising out of any act or omission relating to the requirements of law, unless such volunteer is willfully or intentionally negligent in his act or omission.

This protocol should be reviewed on a yearly basis with all staff to discuss the procedures to be followed to manage concussions. This protocol will also be reviewed on a yearly basis by the athletic department and the nursing staff. Any changes in this document will be approved by the AWHS President and Principal of schools and updates or changes will be provided to staff. An accurate synopsis of this policy shall be placed in the student and faculty handbooks.

Section I. What is a concussion?

A concussion is defined as a transient alteration in brain function without structural damage, but with other potentially serious long-term ramifications. In the event of a concussion, the brain sustains damage at a microscopic level in which cells and cell membranes are torn and stretched. The damage to these cells also disrupts the brain at a chemical level, as well as causing restricted blood flow to the damaged areas of the brain, thereby disrupting brain function. A concussion, therefore, is a disruption in how the brain works; it is not a structural injury. Concussions are difficult to diagnose because the damage cannot be seen. An MRI or a CT scan cannot diagnose a concussion, but they can help rule out a more serious brain injury to a student athlete. Because concussions are difficult to detect, students must obtain medical approval before returning to full academics and play following a concussion.

Section II. Mechanism of Injury:

A concussion is caused by a bump, blow or jolt to the head or body. Any force that causes the brain to bounce around or twist within the skull can cause a concussion. A bump, blow or jolt to the head or body can be caused by either indirect or direct trauma. The two direct mechanisms of injury are coup-type and contrecoup-type. Coup-type injury is when the head is stationary and struck by a moving object such as another player's helmet, a ball, or sport implement, causing brain injury at the location of impact. Contrecoup-type injury occurs when the head is moving and makes contact with an immovable or slowing moving object as a result of deceleration, causing brain injury away from the sign of impact. Indirect forces are transmitted through the spine and jaw or blows to the thorax that whip the head while the neck muscles are relaxed. Understanding the way in which an injury occurred is vital in understanding and having a watchful eye for students who may exhibit symptoms of a concussion so these students can receive the appropriate care.

Section III. Signs and Symptoms:

Signs (what you can see):

- Confusion
- Forgets plays
- Unsure about game, score, opponent
- Altered coordination
- Balance problems
- Personality change
- Slow response to questions
- Forgets events prior to injury (retrograde amnesia)
- Forgets events after injury (anterograde amnesia)
- Loss of consciousness (any duration)

Symptoms (reported by athlete):

- Headache
- Fatigue
- Nausea or vomiting
- Double vision/blurry vision
- Sensitivity to light (photophobia)
- Sensitivity to noise (tinnitus)
- Feels sluggish
- Feels foggy
- Problems concentrating
- Problems remembering
- Trouble with sleeping/excel sleep
- Dizziness
- Sadness

- Seeing stars
- Vacant stare/glassy eyed
- Nervousness
- Irritability
- Inappropriate emotions

If any of the above signs or symptoms are observed after a suspected blow to the head, jaw, spine or body, they may be indicative of a concussion and the student must be removed from play immediately and not allowed to return until cleared by an appropriate allied health professional.

Section IV. Post Concussion Syndrome:

Post Concussion Syndrome is a poorly understood condition that occurs after a student athlete receives a concussion. Student athletes who receive concussions can have symptoms that last a few days to a few months, and even up to a full year, until their neurocognitive function returns to normal. Therefore, all school personnel must pay attention to and closely observe all students for post concussion syndrome and its symptoms. Students who are still suffering from concussion symptoms are not ready to return to play. The signs and symptoms of post concussion syndrome are:

- Dizziness
- Headache with exertion
- Tinnitus (ringing in the ears)
- Fatigue
- Irritability
- Frustration
- Difficulty in coping with daily stress
- Impaired memory or concentration
- Eating and sleeping disorders
- Behavioral changes
- Alcohol intolerance
- Decreases in academic performance
- Depression
- Visual disturbances

Section V. Second Impact Syndrome:

Second impact syndrome is a serious medical emergency and a result of a student returning to play and competition too soon following a concussion. Second impact syndrome occurs because of rapid brain swelling and herniation of the brain after a second head injury that occurs before the symptoms of a previous head injury have been resolved. The second impact that a student may receive may only be a minor blow to the head or it may not even involve a hit to the head. A blow to the chest or back may create enough force to snap the student’s head and send acceleration/deceleration forces to an already compromised brain. The resulting symptoms occur because of a disruption of the brain’s blood autoregulatory system which leads to swelling of the brain, increasing intracranial pressure and herniation.

After a second impact a student usually does not become unconscious, but appears to be dazed. The student may remain standing and be able to leave the field under his/her own power. Within fifteen seconds to several minutes, the student’s condition worsens rapidly, with dilated pupils, loss of eye movement, loss of consciousness leading to coma and respiratory failure. The best way to handle second impact syndrome is to prevent it from occurring altogether. All students who incur a concussion must not return to play until they are asymptomatic and cleared by an appropriate health care professional.

Section VI. Record Maintenance:

The AWHS Athletic Director or designee shall maintain the following record for three years or, at a minimum, until the student graduates, unless state or federal law requires a longer retention period:

- Verifications of completion of annual training
- All online Registration/Permission/Medical Forms, Pre-participation Head Injury/Concussion reporting forms, and annual physical exams will be maintained and stored on an online registration platform.
- Report of Head Injury During a Sports Season forms
- Post Sports Related Head Injury Clearance and Return to Play Protocols.
- Physician Head Injury Notification and Academic Accommodations Forms

These records will be made available to the Department of Public Health and DESE upon request or in connection with any inspection or program review.

Section VII. Pre-participation Requirements and Training:

Concussion training is a pre-participation requirement and must be completed prior to practice or competition. The following persons annually shall complete one of the head injury safety training programs approved by Archbishop Williams High School (AWHS):

- Coaches
- Assistant Coaches
- Certified Athletic Trainer
- School Physician
- School Nurses
- Athletic Director
- Game officials must complete an approved training annually and provide AWHS with verification of completion upon request.
- Employees or Volunteers assisting with athletics
- Students participating in extracurricular athletic activity
- Parents/Guardians of a student who participates in an extracurricular athletic activity.
- School Counselors
- Classroom teachers and specialists

This requirement may be met by:

- National Federation of State High School Associations (NFHS) Concussion Training at:
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>
 - Student: “Concussion for Students” concussion course
 - All others: “Concussion in Sports” concussion course
- The training must be repeated every subsequent year.

Additionally, students who plan to participate in extracurricular athletic activities, must have a parent/guardian complete the online registration in <https://account.students.arbitersports.com> prior to participation. All back to school health forms and immunizations must be completed and up to date in the Magnus Health portal (link through Blackbaud) prior to the season start. Also, concussion training certificates (with student or parent name printed on it) must be uploaded into Magnus Health. This requirement must be met once per school year, and be repeated for every subsequent school year.

Annually, student athletes are required to provide a physical exam to the school nurses' office and the school nurse will report individual student needs to the athletic trainer. If the physical exam expires during a sports season, a new physical exam is required for continued participation. No student shall be medically cleared for extracurricular athletic activities until the athletic trainer and school nurse have reviewed the Pre-participation Head Injury/Concussion Reporting information. Online registration information must be updated prior to participation in each sports season. The athletic director will be contacted about any concerns at the start of each sports season.

The school nurse, in collaboration with the athletic trainer, shall maintain all Physical Exams, Report of Head Injury forms, Medical Clearance forms and any other pertinent medical information in the individual student health record for a minimum of three years or until the student graduates unless state or federal law requires a longer retention period. The school nurse, in collaboration with the athletic trainer, will also review Pre-participation Forms each sports season.

Archbishop Williams High School may use a student's history of head injury or concussion, including but not limited to the number of concussions, recovery duration, and ImpACT test scores, as a factor to determine whether to allow the student to participate in an extracurricular and/or athletic activity, or whether to allow such participation under specific conditions or modifications.

The athletic director will maintain all certificates of annual training or training session rosters and all online registration forms including the Interscholastic Registration/Permission/Medical Forms and Pre-participation Head Injury/Concussion reporting forms for three years at a minimum or until the student graduates, unless state or federal law requires a longer retention period.

Additional parental requirement:

If a student athlete sustains a head injury or concussion, but not while participating in an extracurricular athletic activity, the parent shall complete the Report of Head Injury form and submit it to the athletic trainer who will review it with the school nurse.

Section VIII. Exclusion from Play:

1. Any student who sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion, or loses consciousness, even briefly, shall be removed from play, practice, or competition immediately and may not return until medically cleared by a duly licensed physician, a duly licensed nurse practitioner in consultation with a licensed physician, or a duly licensed neuropsychologist in coordination with the physician managing the student's recovery.
2. If an athlete sustains a head injury or suspected concussion they shall be removed from practice or competition immediately and may not return to practice or competition until medically cleared by a duly licensed physician, a duly licensed nurse practitioner in consultation with a licensed physician, or a duly licensed neuropsychologist in coordination with the physician managing the student's recovery.
3. The staff member (i.e. coach, assistant coach, athletic trainer, school nurse) shall communicate the nature of the injury directly to the parent, in person or by phone, immediately during or after class, practice, or competition in which a student has been removed from play due to a head injury, suspected concussion, signs and symptoms of a concussion, or loss of consciousness. The staff member must also provide parents/guardians with the "Parent Notification of Head Injury / Concussion" packet.
4. If the injury was sustained during after school athletics, the coach/assistant coach or his or her designee shall communicate, by the end of the next business day, with the Athletic Director and the Athletic Trainer that the student has been removed from practice or competition for a head injury, suspected concussion, signs and symptoms of a concussion, or loss of consciousness. The coach/assistant coach must also complete the Report of Head Injury During a Sports Season Form and give it to the Athletic Trainer by the end of the next business day. The Athletic Trainer will then communicate this information to the School Nurse who will make contact with the student's school counselor.

5. The school nurse will communicate with the school counselor and teachers, and if needed the athletic trainer, regarding a student who sustained a concussion outside of the school setting and extracurricular activities.
6. The student shall not return to practice or competition unless and until the student provides documentation of the medical clearance by an authorized medical provider. The coach/assistant coach or athletic trainer shall provide the necessary forms for the student to take to their medical provider. This includes a letter explaining the need for the medical clearance from the primary healthcare provider, academic accommodations, and gradual return to play protocol.

Section IX. Return to Academics and/or Play:

The AWHs multidisciplinary team will develop a plan for the student’s academics and athletic return to play. This team may consist of an athletic trainer, school nurse, teaching staff, school counselor, primary care physician or physician managing the student’s recovery, and parents/guardians. The plan shall include the academic recovery plan recommendations from the physician and multidisciplinary team and the return to play protocol from the athletic trainer. Students who remain in the concussion protocol longer than four weeks will be required to have biweekly team meetings with the appropriate school personnel to ensure all treatment options are being utilized and doctors orders are up-to-date. Prior to these bi-weekly meetings, up-to-date doctors notes must be submitted to the nurse and/or athletic trainer. This meeting may include the assistant principal, school counselor, school nurse, parent/guardian, or athletic trainer, if applicable.

*Archbishop Williams High School follows academic accommodations and stage recovery based on “Returning to School After Concussion- Guidelines for Massachusetts Schools” Adapted from Boston Children’s Hospital, Brain Injury Center” (Appendix A), more information can be found at:

<https://www.mass.gov/lists/returning-to-school-after-concussion-guidelines-for-massachusetts-schools>.

Students placed in the “Rest” (Red) or “Re-Entry” (Orange) Rehabilitation Stage will not be allowed to attend practices or games since rest is the top priority during these healing stages.

Students must be symptom free, medically placed in the “Return” (Green) Rehabilitation Stage for academics and physical education, and ImpACT scores back to baseline (where applicable) in order to start the Gradual Return to Play Protocol.

The following individuals may authorize a return to play:

- A duly licensed physician
- A duly licensed nurse practitioner in consultation with a licensed physician
- A duly licensed neuropsychologist in coordination with the physician managing the student’s recovery
- Physicians, nurse practitioners, and neuropsychologists providing medical clearance for return to play shall verify that they have received Department-approved training in post traumatic head injury assessment and management or have received equivalent training as part of their licensure or continuing education. This MDPH approved Clinical Training can be found at: <https://www.mass.gov/service-details/concussion-trainings>

Athletic Gradual Return-to-Play Protocol:

Stage 1: No activity

Stage 2: Light aerobic exercise (walking, swimming, or stationary cycling) keeping intensity to 70% of maximum predicted heart rate; no resistance training

Stage 3: Sport-specific exercise (skating drills in ice hockey, running drills in soccer); no head impact activities

Stage 4: Non-contact training drills, progression to more complex training drills, eg, Passing drills in football and ice hockey; may start progressive resistance

Stage 5: Full-contact practice following medical clearance, participate in normal training activities

Stage 6: Return to play

Final return to play at Archbishop Williams High School requires the approval of the athletic trainer.

Section X. Athletic Director Responsibilities:

The Athletic Director completes an annual concussion training.

The Athletic Director participates in the biannual review and revision of the policy.

The Athletic Director shall:

- Ensure the annual training of coaches, staff, parents/guardians, volunteers and students
- Maintain records of annual concussion trainings, certificates, affidavits, and/or attendance rosters for three years or until student graduates
- Ensure that all online Interscholastic Registration/Permission/Medical Forms and Pre-participation Head Injury/Concussion reporting forms are completed and submitted prior to participation in any extracurricular athletic activity
- Oversee the review of all Interscholastic Registration/Permission/Medical Forms and Pre-participation Head Injury/Concussion reporting forms
- Ensure that all students meet the physical exam requirements consistent with prior to participation in any extracurricular athletic activity
- Ensure that the medically cleared list is provided to all coaches, assistants, and volunteers and that no student participates without this clearance
- Ensure that Report of Head Injury During a Sports Season forms are completed by parents/guardians or coaches and reviewed by the athletic trainer and school nurse
- Ensure that athletes are prohibited from engaging in any unreasonably dangerous athletic technique that endangers the health or safety of an athlete, including using a helmet or any other sports equipment as a weapon
- Ensure that Archbishop Williams High School issued athletic equipment is properly maintained, reconditioned and certified in accordance with National Operating Committee for Standards for Athletic Equipment (NOCSAE)
- Maintain all online Interscholastic Registration Forms for three years
- Inform parent/guardian that, if all necessary forms are not completed, their child will not participate in extracurricular athletic activities
- Include concussion information in student athletic handbook
- Develop a plan to communicate and provide language-appropriate educational materials to parents with limited English proficiency
- Collaborate with Athletic Trainer and School Nurses to report annual statistics to the Department of Public Health:
 - The total number of Head Injury Reports received from both coaches and parents

- o The total number of students who incur head injuries and suspected concussions when engaged in any extracurricular athletic activities

Section XI. Athletic Trainer Responsibilities:

The athletic trainer shall complete the annual concussion training.

The athletic trainer shall participate in the biannual review and revision of the policy.

The athletic trainer shall:

- Review in collaboration with the school nurse the Pre-participation Questionnaire and Report of Head Injury Report forms
- In the case of multiple concussions reported on the pre-participation form, collaborate with the school nurse to contact the parents/guardians and the students primary care provider regarding the decision to allow a player with repeat concussions to participate in a sports season
- Identify students with a suspected head injury or concussion that occur in practice or competition and complete a sideline evaluation consisting of the Standardized Assessment of Concussion (SAC) test and Signs and Symptoms checklist;
- Refer students with a report of a head injury to their physician for further evaluation;
- Monitor the symptoms of students with head injuries and maintain written documentation of such monitoring
- Administer the ImPACT Test within 24-72 hours following the suspected head injury, if possible, and then again before starting the Gradual Return to Play protocol - if requested by a Doctor
- Determine Gradual Return to Play schedule after receiving a physician signed Post Sports Head Injury Clearance and Authorization Form, or equivalent, and ImPACT Test scores are back to baseline score
- Implement the Gradual Return to Play protocol
- Collaborate with coaches, physical education teachers, and school nurses to ensure that the Concussion Return to Play protocol is being followed
- Notify the athletic director and school nurse of any student athlete diagnosed with a concussion or head injury
- All Concussion Gradual Return-to-Play protocols for students with head injury or concussion will be uploaded to the Magnus Health Portal.

Section XII. Coach/Assistant Coach Responsibilities:

The coach/assistant coach completes the annual concussion training and provides the athletic director/athletic trainer with a certificate of completion.

The coach/assistant coach reviews the pre-participation information provided by the athletic trainer regarding a student's history and/or risk of head injury.

The coach/assistant coach shall:

- Ensure that all student athletes have completed ImPACT baseline testing prior to participation
- Ensure that all student athletes are on the medically cleared list prior to participation
- Identify athletes with head injuries or suspected concussions that occur in practice or competition and remove them from play

- Communicate the nature of the injury directly to the parent/guardian in person or by phone immediately during or after practice or competition in which a student has been removed from play due to a head injury, suspected concussion signs and symptoms of a concussion, or loss of consciousness
- Provide parents/guardians with the
- Promptly notify the Athletic Director and Athletic Trainer of any student removed from practice or competition
- Complete the Report of Head Injury Form for any student with a head injury or suspected concussion that occurs during practice or competition and give to the Athletic Trainer
- Ensure that no student athlete returns to play until cleared by a physician and the athletic trainer and you have received this notification in writing from the athletic trainer
- Teach techniques aimed at minimizing sports-related head injury
- Discourage and prohibit athletes from engaging in any unreasonably dangerous athletic technique that endangers the health or safety of an athlete, including using a musical instrument, helmet or any other sports equipment as a weapon
- Ensure that Braintree Public School issued athletic equipment is properly maintained, reconditioned and certified in accordance with NOCSAE

Section XIII. School Nurse Responsibilities:

The School Nurse completes the annual concussion training and provides the athletic director with a certificate of completion.

The School Nurse shall participate in the biennial review and revision of the policy.

The School Nurse shall:

- Review all Physical Examination forms and Pre-participation Head Injury/Concussion Reporting forms
- In the case of multiple concussion reported on the pre-participation form, collaborate with the athletic trainer to contact the parents/guardians and the students primary care provider (if needed) regarding the decision to allow a player with repeat concussions to participate in a sports season
- Review all annual physical exams and record in computerized health record program
- Review all Report of Head Injury forms in conjunction with the Athletic Trainer
- Maintain all physical exams, Report of Head Injury forms, Medical Clearance forms and any other pertinent medical information in the individual student health record
- Share on a need to know basis any head injury information regarding a student that may impact their ability to participate in extracurricular athletic activities or places a student at greater risk for repeated head injuries
- Complete symptom assessment when a student enters the Health Office with questionable concussion during school hours. Repeat in 15 minutes
- Observe students with a concussion for a minimum of 30 minutes
- If symptoms are present, notify parent(s)/guardian(s) and instruct parent(s)/guardian(s) that student must be evaluated by an MD:
 - If symptoms are not present, the student may return to class;
 - If symptoms appear after a negative assessment, MD referral is necessary;
- School nurse will notify teachers and school counselors of any students or student athletes who have academic accommodations or modifications related to their concussion
- Participate in the reentry planning for students to discuss any necessary accommodations or modifications with respect to academics, course requirements, homework, testing scheduling and other aspects of school activities consistent with a graduated reentry plan for return to full academic and extracurricular athletic activities after a head injury and revising the health care plan as needed

- The school nurse, in collaboration with school administration, has the final authority regarding whether the student may safely participate in the school activity. Situations will be evaluated on an individual case basis.
- Monitor recuperating students with head injuries and collaborate with teachers to ensure that the graduated reentry plan is being followed
- Allow students who are in recovery to rest in Health Office when needed
- Develop plan for students regarding pain management
- Provide yearly educational materials on head injury and concussion to teachers and support staff

Section XIV. School Counselor Responsibilities:

School Counselors will complete the annual concussion training.

One School Counselor will be appointed to participate in the biennial review and revision of the policy.

The School Counselor shall:

- Be designated as the contact or “point person” for academics once informed by the school nurse that a student has been diagnosed with a concussion
- Meet with the student biweekly from time of concussion to clearance and completion of work
- Will work with the student on organizing work assignments, making up work and giving extra time for assignments and assessments
- Email teachers for a “must do” list for their class once the student is cleared
- Create document with make up work and share with student and parent including deadline
- Once cleared students receive two days for every day they were not cleared to make up their work
- Check in with teachers weekly to be sure all are aware and up to date with student’s recovery plan
- Communicate with the school nurse and athletic trainer any concerns or report of students progress and give any medical reports to the school nurse
- Assess and discuss the need for Tutoring, when appropriate

Section XV. Classroom Teacher/Specialist Responsibilities:

Every classroom teacher/specialist will complete the annual concussion training.

The Classroom Teacher/Specialist shall:

- Follow the academic guidelines set forth in the Archbishop Williams High School
- Work with the school counselor to implement the recommendations and accommodations set forth for the individual student
- Communicate with the school counselor and/or school nurse regarding the student’s progress, academic needs, and/or any additional issues or concerns.
- Update the student’s gradebook to reflect work that is missing and must be made up versus work that has been exempt that the student will not be required to be made up (ie: if a student must make up the work, it should be marked with a Zero and a Missing Symbol “M” and if it is Exempt, it should be marked with an “Exempt” symbol “X”).

Section XVI. Parent/Guardian Responsibilities:

The Parent/Guardian shall:

- Complete the online registration process making sure the registration information is current
- Must upload the student’s annual physical to the Magnus Health Portal
- Must make sure the student’s online concussion certificate is uploaded to the online registration

- Complete annually the concussion training course found at <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000> and upload a certificate of completion to the athletic departments online registration platform prior to the students participation in athletics. AWHs also makes available MA DPH approved written training materials to meet the training requirement for parents. AWHs requires and maintains written acknowledgment that the parent has read and understands MA DPH approved written materials required by 105 CMR 201. This requirement must be met once per school year, and be repeated for every subsequent school year.
- Must make sure their student has a current ImpACT baseline test on file
- Inform the Athletic Trainer and/or School Nurse if your child sustains a concussion outside of school hours and complete the Report of Head Injury form and give it to School Nurse or Athletic Trainer.
- Watch for changes in your child that may indicate that your child does have a concussion or that your child's concussion may be worsening. Report to a physician:
 - a. Loss of consciousness
 - b. Headache
 - c. Dizziness
 - d. Lethargy
 - e. Difficulty concentrating
 - f. Balance problems
 - g. Answering questions slowly
 - h. Difficulty recalling events
 - i. Repeating questions
 - j. Irritability
 - k. Sadness
 - l. Emotionality
 - m. Nervousness
 - n. Difficulty with sleeping
- Encourage your child to follow concussion protocol
- Enforce restrictions on rest, electronics and screen time
- Reinforce academic accommodations and gradual return to play plans
- Communicate about your child's progress, academic needs or concerns with the school counselor
- Observe and monitor your child for any physical or emotional changes
- Recognize that your child will be excluded from participation in any extracurricular athletic event if all forms are not completed and on file with the athletic department.

Section XVII. Student and Student Athlete Responsibilities:

Student Athlete shall:

- Take the online NFHS Concussion for Students Course found at <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000> and upload a certificate of completion to the athletic departments online registration platform prior to participation in athletics. This requirement must be met once per school year, and be repeated for every subsequent school year.
- Make sure the online registration process is completed and registration information is current
- Make sure annual physical form is uploaded onto the Magnus Health Portal prior to participation in athletics
- Make sure online concussion course certificates are uploaded
- Complete Baseline ImpACT Test prior to participation in athletics

All Student's diagnosed with a concussion shall:

- Report all symptoms to athletic trainer and/or school nurse and adhere to the following
 - Rest
 - No athletics
 - Be honest
 - Keep strict limits on screen time and electronics
 - Don't carry books or backpacks that are too heavy
- Follow academic accommodations and return to play recovery plan
- Tell your teachers and school counselor if you are having difficulty with your class work.
- See the school nurse for pain management
- Return medical clearance form to school nurse and/or athletic trainer prior to beginning gradual return to play protocol
- Return to sports/ PE only when cleared by physician and the athletic trainer
- Report any symptoms to the athletic trainer and/or school nurse and parent(s)/guardian(s) if any occur after return to play
- **Students who do not complete and return all required training, testing and forms will not be allowed to participate in sports or any activities that are physical in nature.**

Section XVIII. Concussion Education:

It is extremely important to educate staff, athletes, and the community about concussions. On a yearly basis, all AWHs staff must complete concussion training whether it be the online concussion course or a mandatory group training. Student athletes also need to understand the importance of reporting a concussion to their coaches, parents, athletic trainer and other school personnel. Every year student athletes and parents/guardians will participate in educational training on concussions and complete a certificate of completion. This training may include:

- National Federation of State High School Associations (NFHS) Concussion Training at:
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>
- Training provided by Archbishop Williams High School

The school may also offer seminars, speakers, and discussion panels on the topic of concussions. Seminars offer an opportunity for the certified athletic trainer, athletic director and nurse leader to speak about concussions on the field at practices and games and to discuss the protocol and policy that the district has enacted. Providing education within the community will offer the residents and parents of athletes an opportunity to ask questions and voice their concerns on the topic of brain injury and concussions. When it comes to concussions, everyone needs to be aware of the potential dangers and remember that a concussion is a brain injury. Whenever anyone has a doubt about a student athlete with a concussion, **sit them out and have them see the appropriate healthcare professional.**

AWHS takes the safety of students seriously. All members of the school staff are expected to follow these policies and protocols to support the health and safety of the students. Failure to comply with the letter or spirit of this policy could result in progressive discipline for staff and or forfeiture of games. If students or parents have concerns that the policy is being violated, they should contact the athletic director and/or school administration.