File: JJIF

Prevention and Management of Sports Related Head Injury and Concussion

The Webster Public Schools understands that concussions are serious injuries and expects that all precautions will be used to minimize head injuries. The following policy is in place to ensure that students, parents, and all school employees involved in the sports program are adequately trained about the symptoms of a concussion and all teachers, coaches, volunteers and administrators implement the related procedures when dealing with a suspect head injury or concussion.

The school district will provide concussion training as a pre-participation requirement for all students 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 the Webster Public Schools:

Coaches
Volunteers
School athletic trainers
School Nurses
Athletic Directors
Parents
Students

This requirement will be met by: Completing an approved online program list on the Webster public School website and pre-participation questionnaire and providing a certificate of completion to the athletic director. Signing an acknowledgement that they have read and understand written materials provided to them bythe athletic director, or attend a Webster Public School sponsored training session and signing the attendance roster.

The Student and Parent/Guardian will be responsible for:

1. Submitting evidence that they have taken an on-line course on concussions or read approved written materials at least once a year. The student and parent shall complete and sign pre-participation form which provides a comprehensive history of concussion, face, head or spinal injuries.
2. Submitting a Report of Head Injury Form if a student receives a concussion during a sports season but not while participating in an extra curricular athletic activity.

The Athletic Director will be responsible for:

1. Participating in biannual review and revision of this policy.
2. Completing annual training in concussion protocols.
3. Ensuring the training for staff, parents, volunteers, coaches, and students are met, recorded and the records maintained.
4. Ensuring all students has a yearly physical exam prior to participating in any extracurricular athletic activities and that each student has completed a pre-participation paperwork, including the reporting of prior head injuries before each athletic season.

5. Ensuring pre-participation forms are reviewed in a timely manner.
6. Ensuring that Report of Head Injury Forms are completed by the parent or coach and reviewed by the coach and school nurse.
7. Ensuring athletes are prohibited from engaging in any unreasonably dangerous athletic technique that endangers the health or safety of the athlete.
8. Reporting annual statistics to the Department of Health the total number of head injuries reported from both coaches and parents.

The Athletic director will keep all certificates, signed acknowledgements and training session rosters for three years.

Members of the coaching staff will be responsible for:

1. Completing annual training in concussion protocols and provides the athletic director with certification of completion.
2. Reviewing pre-participation forms of all athletes provided by the parental permission forms regarding student's history and/or risk of head injury.
3. Completing a Report of Head Injury Form, upon identification of a student with a head injury or suspected concussion that occurs during practice or competition and remove them from play.
4. Teaching techniques aimed at minimizing sports-related head injuries and discouraging athletes from engaging in any unreasonable dangerous athletic technique that endangers the health or safety of the athlete.
5. Promptly notify (immediately after practice or competition) in person or by phone with the parent of any student removed from practice or competition for head injury or suspected concussion. The coach must then follow up in writing (paper or electronically) within 24 hours. The coach must also communicate this information to the Athletic Director and school nurse within 24 hours.
6. Identify athletes with head injuries or suspected concussions that occur in practice or competition; complete a Report of Head Injury Form, and remove them from play.
7. Ensuring athletes are prohibited from engaging in any unreasonably dangerous athletic technique that endangers the health or safety of themselves or their opponent.

The School Nurse will be responsible for:

1. Participating in the development and biannual review of the Concussion Policy.
2. Completing annual training in concussion protocols.
3. Reviewing Report of Head Injury Forms, recording information in student's health record, and following up with the coach and parent as needed.
4. Participating in the graduated reentry planning for students who have been diagnosed with a concussion to discuss both academic and athletic accommodations.
5. Monitoring recuperating students with head injuries and collaborating with teachers to ensure the graduated reentry plan is being followed.

6. Providing ongoing educational materials on head injury and concussion to teachers, staff and students.

Procedures developed under this policy will ensure that any student who sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion shall be removed from the practice or competition and may not return that day.

Those procedures will require that the student shall not return to athletic activity unless and until the student provides medical clearance and authorization. Each student who is removed from practice or competition and subsequently diagnosed with a concussion shall have a written graduated reentry plan for return to full academic and extracurricular athletic activities.

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Procedures of Sports Related Head Injury and Concussion

Webster Public School Athletic Sports Related Head Injury and Concussion Protocol
Developed by: Michael Hackenson, Principal, Former Coach & Athletic Director
Rene Langevin, Athletic Director
Kathy Pepin, RN, Bartlett Jr. Sr. High School Nurse
Dr. Young-HoOH, Orthopedic Physician
Dr. Angela Beeler, School Physician
Raymond Pion, Bartlett Jr. Sr. High Athletic Trainer

Purpose:

The purpose of this procedure is to provide standardized procedures for persons involved in the prevention, training, management and return to activity decisions regarding students who incur head injuries while involved in extracurricular activities, including, but not limited to interscholastic sports, in order to protect their health and safety.

Athletic Activities:

Defined as an organized school sponsored athletic activity generally occurring outside of school instructional hours under the direction of a coach, athletic director or band leader including, but not limited to; snowboarding, baseball, basketball, cheerleading, cross country, track football, golf, lacrosse, volleyball, marching band, rifle, softball, tennis track and field. All interscholastic athletics are deemed to be extracurricular athletic activities.

Signs of Concussion

At the discretion of the trainer or coach, an athlete should receive immediate medical attention for symptoms of concussion. These include any of the following

- Loss of consciousness
- Vomiting
- Confusion
- Convulsions or seizures
- One pupil larger than the other
- Difficulty recognizing people or places
- Headache worsens, or does not go away after 24 hours

Protocol

When a student athlete shows signs, symptoms or behavior consistent with the concussion, the athlete shall be removed from practice or competition and evaluated by the athletic trainer and/or the student's health care provider. It is recommended that the student be evaluated by a clinician with experience in the evaluation and management of concussions.

Medical Clearance

A student diagnosed with a concussion shall be withheld from a competition and not return to activity for the remainder of the day. The student should receive monitoring, and parents will be notified. In an acute (serious) event the student may be transported to the hospital. Instructions will be provided at the hospital setting or from the student's physician. The student should be evaluated by a concussion specialist as outlined within the concussion management plan.

Once cleared by the primary physician, an athlete must complete return-to-play scenarios in the supervised process:

DAY 1	No activity, complete rest. Once symptom free, proceed to Day 2
DAY 2	Light aerobic exercise such as walking, stationary cycling, no resistance training
DAY 3	Sport specific training, (i.e. running in most sports, skating) Important portion of this step is the addition of one of low resistance or simple resistance training Example: football QB's may resume sideline throwing.
DAY 4	No contact training skills, a set of higher intensity resistance training. Example: football linemen walk through pass blocking
DAY 5	Full contact training after medical clearance
DAY 6	Game Play

If any post-concussion symptoms reoccur, drop back to previous level and try to progress again after 24 hours. No medications may be taken at any stop of the progression. The student athlete must check in with the athletic trainer every day prior to practice.

The most recent consensus of experts in those athletes who have suffered multiple concussions should be help out of play for an extended period of time (1-2 weeks after symptoms have cleared). Any student who has suffered three mild/simple concussoins or two moderate-severe concussions in the same season, experts advise that they not be permitted to return that season.