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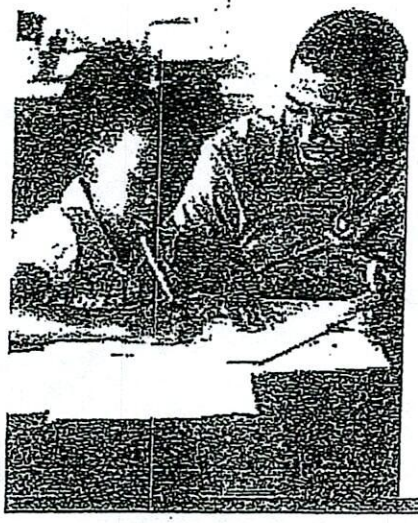
Packet Contains:

- Louisiana Information on Concussion
- Information about Cardiac Arrest
- Information about STPSB policy for student insurance
- Information on Drug Testing Policy

CDC Heads Up Fact Sheet for Parents

A FACT SHEET FOR
Parents

CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.



What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling. If symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

Signs & Symptoms of a Concussion

Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to hit, bump, or fall
- Can't recall events *after* hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

Symptoms Reported by Your Child or Teen

Thinking/Remembering

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual

**Only ask about sleep symptoms if the injury occurred on a prior day.*

To download this fact sheet in Spanish, please visit:www.cdc.gov/HEADSUP. Para obtener una copia electrónica de esta hoja de información en español, por favor visite:www.cdc.gov/HEADSUP
January 2021

Danger Signs

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if she or he has one or more of these danger signs:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injuried occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

What should I do if my child or teen has a concussion?

1. **Seek medical attention right away.**
   A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
2. **Help them take time to get better.**
   If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a healthcare provider.
3. **Talk to your child or teen about how they are feeling.**
   Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement.

How can I help my child return to school safely after a concussion?

Most children can return to school within a few days. Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms.

Your child's or teen's healthcare provider can use CDC's Letter to Schools to provide strategies to help the school set up any needed supports.

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer
- Sit out of physical activities, such as recess, PE, and sports until approved by a healthcare provider
- Complete fewer assignments
- Avoid noisy and over-stimulating environments

To learn more, go to
www.cdc.gov/HEADSUP or call 1.800.CDC.INFO

January 2007

LOUISIANA DEPARTMENT OF EDUCATION

Important Information about Sudden Cardiac Arrest for Parents and Student Athletes

Starting August 1, 2024, Louisiana Law [Act 421 (R.S. 17:440.3)] requires schools to inform parents and student athletes about heart health. Schools must provide written information about the requirements a student athlete who has or has had a heart-related issue must meet before participating in sports. This information must be given to parents and guardians, and they must sign to show they have received and understood it. This ensures proper communication and safety measures are in place for student athletes returning to play.

What is Sudden Cardiac Arrest (SCA)?

Sudden Cardiac Arrest is the sudden loss of all heart activity (i.e. the heart stops beating). This stops blood flow to the body's organs. It usually occurs because of an abnormal heart rhythm called ventricular fibrillation. If CPR is not started quickly, SCA can lead to death within minutes.

Warning Signs and Symptoms of SCA

- Sudden collapse;
- No pulse;
- No breathing;
- Loss of consciousness

Sometimes other symptoms occur before sudden cardiac arrest. These might include:

- Chest discomfort.
- Shortness of breath.
- Weakness.
- Fast-beating, fluttering or pounding heart; called palpitations.

*But sudden cardiac arrest often occurs with no warning. **If any of these symptoms occur during exercise, the student athlete should STOP PLAY AND SEE A HEALTH CARE PROVIDER immediately.***

Possible Causes of SCA:

- *Structural heart defects, like* congenital heart diseases or Marfan syndrome;

- *Problems with the heart's electrical system (which can make the heart beat too fast, too slow. or irregularly);*
- *Diseases affecting the heart muscle*: (such as hypertrophic cardiomyopathy);
- Heart infections; and
- *Other factors*, such as direct impact to the chest.

Additional Risk Factors:

- *Family history*: Sudden death of a close relative before age 50; history of heart conditions like cardiomyopathy, Marfan syndrome, Long QT syndrome, or heart rhythm problems; and/or history of immediate family members experiencing SCA.
- Heart murmurs
- High blood pressure

Requirements for Return to Play:

If a student athlete has experienced SCA or any of its warning signs, a consultation with a health care provider is necessary. To return to play, the athlete must provide:

- Written clearance from a doctor; AND
- Acknowledgment form signed by the parent or guardian and the student athlete.

More information:

More information may be found at Parent Heart Watch (https://parentheartwatch.org/)

ST. TAMMANY PARISH PUBLIC SCHOOLS

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Superintendent

Steve E. Alfonso, Jr.
Assistant Superintendent

Kimberly B. Gardner
Assistant Superintendent

Mary Hart
Assistant Superintendent

Jeanne B. McCurley, Ph.D.
Assistant Superintendent

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Dear Parent/Guardian:

The St. Tammany Parish School Board, its employees, agents and insurer's have no liability, and accept no liability for injuries or accidents occurring to students during their participation in interscholastic athletics or sports and related extracurricular teams and activities. The student and parent(s)/guardian(s) assume any and all risks, including without limitation of risk injury and risk of incurring medical expenses associated with the participation by the student.

The St. Tammany Parish School Board does not provide a base accident-medical expenses insurance plan for students, however, the School Board does provide a $25,000.00 deductible catastrophic policy for all interscholastic athletes, including interscholastic football and cheerleaders and participants of non-sport extra-curricular activities. Details regarding provision of this plan are available through the School Board office. If you have a son or daughter participating in interscholastic sports or cheerleading, we recommend you investigate the following:

1. Check with your own health insurance carrier to determine the nature and extend of coverage available to you due to athletic injury.
2. If athletic injuries are not covered or only partially covered through your current health plan, consider purchasing a rider to that plan.
3. Contact the School's Athletic Department for information regarding an insurance plan designed for students that is offered at the beginning of the school year or throughout the year upon your request.

Sincerely,

Frank J. Jabbia
Superintendent

SCHOOL WAIVER FORM

EXTRACURRICULAR ACTIVITES

THIS DOCUMENT MUST BE SIGNED BY THE STUDENT AND BY THE STUDENT'S PARENT OR LEGAL CUSTODIAN BEFORE PARTICIPATION. STUDENTS MAY NOT PARTICIPATE WITHOUT THE STUDENT'S AND PARENT'S/LEGAL CUSTODIAN'S SIGNATURE.

PARENTS, LEGAL CUSTODIANS, OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. The student and parent/legal custodian recognize that participation in interscholastic athletics and related extracurricular activities involves some inherent risks for potentially severe injuries including, but not limited to, serious neck, head and spinal injuries, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, serious injury or impairment to other aspects of the body, or effects to the general health and well-being of the child, and in rare cases death. Although serious injuries are not common in supervised school athletic programs and related extracurricular activities, it is impossible to eliminate all risk. Because of these inherent risks, the student and their parent/legal custodian have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

I authorize medical treatment should the need arise for such treatment while I or my child/ward ("student") is under the supervision of the St. Tammany Parish School Board school. I consent to medical treatment for the student following an injury or illness suffered during practice and/or a contest. I understand that in the case of injury or illness requiring treatment by medical personnel and transportation to a health care facility, that a reasonable attempt will be made to contact the parent/legal custodian in the case of the student being a minor, but that, if necessary, the student will be treated and transported via ambulance to the nearest hospital. I further authorize the use or disclosure of my student's personally identifiable health information should treatment for illness or injury become necessary.

I understand all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further, I understand that if my student is removed from a practice or competition due to a suspected concussion, he or she will be unable to return to participation that day. After that day, written authorization from a physician (M.D. or D.O.) or an athletic trainer working under the supervision of a physician will be required before the student is allowed to return to participation.

The student and parent/legal custodian individually and on behalf of the student, hereby irrevocably, and unconditionally release, acquit, and discharge, without limitation, the St. Tammany Parish School Board, its officers, agents, attorneys, representatives and employees (collectively, the "Releasees") from any and all losses, claims, demands, actions and causes of action, obligations, damages, and costs or expenses of any nature (including attorney's fees) that the student and/or legal custodian incur or sustain to person, property or both, which arise out of, result from, occur during or are otherwise connected with the student's participation in interscholastic athletics or sports and related extracurricular activities. The student and parent(s)/guardian(s) assume any and all risks, including without limitation risk of injury and risk of incurring medical expenses associated with the participation by the student.

I. **Procedures for Random Illegal Substance Testing of St. Tammany Parish School Board High School Students Participating in Interscholastic Sports**

A. **List of Eligible Student Athletes**

The School Principal or Athletic Director of each high school shall prepare a list of eligible student athletes participating in sports. This list will be forwarded to the Vendor for the random selection of high school student athletes who will submit specimens for testing.

B. **Random Selection of Student Athletes for Testing**

The Vendor will use a system to assure that students are selected in random fashion.

C. **Scheduling of Drug Testing**

Drug testing will be unannounced. The day and date are selected by the School Principal and/or the Athletic Director of each high school, and confirmed with the Vendor. Random testing may be done as frequently as weekly.

D. **Team Testing**

At the beginning of each season, all eligible athletes may be subject to illegal substance testing. The Head Coach is responsible for seeing that all student athletes and their parent(s)/guardian(s)/custodian(s) properly sign the St. Tammany Parish School Board Student Athlete Contract and the Authorization/Consent Form and the LHSAA Substance Abuse/Misuse Contract and Consent Form prior to testing. Any student moving into the St. Tammany Parish School Board District may be tested at the time they sign up to participate in an Interscholastic High School sport.

E. **Athletic Year**

The athletic year begins the date of the first official physical examination, if any, for that sport, and continues for 365 days thereafter. Otherwise, the athletic year begins one (1) week prior to the first practice session for that sport, and continues for 365 days thereafter.

F. **Collection Process**

The collection process will be in accordance with those rules and regulations set forth by the Vendor, with the approval of and as revised by the Superintendent, School Principal, and/or the St. Tammany Parish School Board. The Vendor is responsible for seeing that specimens are delivered to and/or picked up by the testing laboratory and any Chain of Custody form properly annotated.

G. **Procedures in the Event of a Positive Result**

(1) Whenever a student athlete's test result indicates the presence of illegal or banned substances, or the MRO rules the specimen adulterated, the following will occur:

(a) The School Principal, or designee, within 24 hours, will notify the parent(s)/guardian(s)/custodian(s) first, then the student. A written notification from the School Principal, or designee, will be sent to the parent(s)/guardian(s)/custodian(s) by U.S. certified and first class mail. The School Principal will keep all test results for a period of four years.

(b) The student will be notified and may be required to submit to weekly, monthly, or any other additional illegal substance tests, for up to three (3) months.

(c) If the parent(s)/guardian(s)/custodian(s) or student wishes to contest the test results, the Vendor will arrange for the split portion of the specimen to be submitted to another

laboratory approved by the St. Tammany Parish School Board for testing. This is to be done at parent(s)/guardian(s)/custodian(s) or student expense. Such a request must be made to the School Principal in writing within five working days from first notification of positive test results either to the parent(s)/guardian(s)/custodian(s) or student and all costs of these additional procedures are to be borne by the parent(s), guardian(s), custodian(s) or student.

(d) The MRO may use quantitative results to determine if positive results on repeat testing indicate recent use of illegal or banned substances or the natural decline of levels of the illegal or banned substance from the body. If the MRO feels the quantitative levels determined to be above established cutoffs do not reflect current use but natural decay, then a negative result may be reported.

(2) First Positive Result

For the first positive result, the student athlete will be given the option of:

(a) Within five working days after the mailing of the written notification provided for in G (1) (a) above having an appointment with a Certified Chemical Dependency Counselor or at an agency certified by the State of Louisiana Department of Health and Human Resources for a chemical dependency assessment or with someone approved by the St. Tammany Parish School Board Superintendent, and then follow the recommendations of the counselor. (If treatment is recommended, it must be with a Certified Chemical Dependency Counselor or someone approved by the St. Tammany Parish School Board Superintendent). The student may also be required to submit to weekly, monthly, or any other additional illegal substance tests, for up to three (3) months. The parent(s)/guardian(s)/ custodian(s) is/are responsible for all expenses generated by the foregoing; or

(b) Denial of participation in interscholastic athletics for the remainder of the current season and the next athletic season.

(3) Second Positive Result

For the second positive result within any two consecutive calendar years, the student athlete will be permanently denied the privilege of participation in athletics in St. Tammany Parish School Board schools.

NOTE: 1) IT IS IMPERATIVE TO NOTE THAT THESE PROCEDURES ARE ONLY TO BE USED FOR THE APPEARANCE OF A NON-APPARENT CONTROLLED SUBSTANCE. CONSEQUENTLY, IF A STUDENT ATHLETE IS APPREHENDED BY ANYONE AS A RESULT OF BEING IN ILLEGAL POSSESSION OF ALCOHOL AND/OR A CONTROLLED SUBSTANCE, OR BANNED SUBSTANCES, THE REGULAR SCHOOL AND ST. TAMMANY PARISH SCHOOL BOARD DISCIPLINARY POLICIES WILL APPLY.

NOTE: 2) SINCE INTERSCHOLASTIC ATHLETIC PARTICIPATION IS NOT AN INTEGRAL PART OF A FREE AND APPROPRIATE PUBLIC EDUCATION, THE REPORTING BY THE VENDOR OF A POSITIVE RESULT MAY RESULT IN THE DENIAL OF

CONTINUED PARTICIPATION IN THE RESPECTIVE SPORTS EXCEPT THAT THE PARENT(S), GUARDIAN(S), CUSTODIAN(S) MAY APPEAL THE DENIAL IN THE SAME MANNER AS PROVIDED FOR EXPULSIONS AT LA R. S. 17:416 AS AMENDED.