

## CONCUSSIONS AND HEAD INJURIES

The School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. The Board recognizes that the majority of concussions will occur in “contact” or “collisions” sports. However, in order to ensure the safety of all District student-athletes, this policy will apply to all competitive athletic activities as identified by the administration.

Consistent with the National Federation of High School (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), the District will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district will distribute a head injury and concussion information sheet to all parents/guardians of student-athletes in competitive sport activities prior to the student-athlete's initial practice or competition. This includes all middle school and high school sports offered by the Gilford School District. In order to be eligible for participation, all student athletes must complete baseline concussion testing. This will be repeated at least every two years and more frequently as necessary in the event of any injury.

All coaches, will complete training as recommended and/or provided by NHIAA, New Hampshire Department of Education and/or other pertinent organizations. Additionally, all coaches of competitive sport activities will comply with NHIAA recommended procedures for the management of head injuries and concussions.

### Athletic Director or Administrator in Charge of Athletic Duties

**Updating:** Each spring, the athletic director or designee shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the NHIAA and other pertinent organizations. If there are any updated procedures, they will be adopted and used for the upcoming school year.

**Identified Sports:** Identified sports include all NHIAA-sanctioned activities and all other district-sponsored sports or activities.

**Coach Training:** All coaches shall undergo training in head injury and concussion management at least once every two years by viewing the NHIAA concussion clinic found on the MHSA Sports Medicine page at [www.mhsa.org](http://www.mhsa.org). A certificate of completion must be submitted to the athletic director.

**Parent Information Sheet:** On a yearly basis, a concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent/guardian prior to the student-athlete's initial practice or competition. This information sheet will be incorporated into the Athletic sign-up portal, Family ID

**Coach's Responsibility:** A student-athlete who is suspected of sustaining a concussion or head injury or other serious injury in a practice or game shall be immediately removed from play. If

the coach is made aware of the suspected injury the coach must document the suspected injury in a district accident/incident report and submit the document to the nurse, athletic director, and athletic trainer.

**Administrative Responsibilities:** The Superintendent or his/her designee will keep abreast of changes in standards regarding concussion, explore staff professional development programs relative to concussions, and will explore other areas of education, training and programs related to concussion and head injury.

No member of a school athletic team shall return to participate in an athletic event or training on the day or the days after he/she experiences a concussion unless all of the following conditions have been met:

1. The student-athlete no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion;
2. The student receives a written medical release from a licensed healthcare professional (M.D., D.O., A.P.R.N. and/or P.A.);
3. The student-athlete is asymptomatic during, or following periods of supervised exercise that is gradually intensifying (Progressive Physical Activity Program).
4. They are back to school full time with no academic accommodations.

#### Return to Play

After a diagnosis of a concussion, no athlete shall return to play or practice within 72 hours. After 72 hours, students will be reassessed using the ImPACT (grades 7-12) and the Pediatric ImPACT (grades 5-6) test. Upon successful completion of the ImPACT or Pediatric ImPACT test and clearance by a licensed healthcare professional the student-athlete will enter the progressive physical activity program. In most cases, the student-athlete will progress one step each day. The returning student-athlete will be under the supervision of the Athletic Trainer and/or nurse.

#### **Progressive Physical Activity Program:**

Step 1 Light aerobic exercise – 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training or any other exercises;

Step 2 Moderate aerobic exercise – 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment;

Step 3 Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises;

Step 4 Full contact practice or training;

Step 5 Full game play

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the progressive physical activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the student-athlete may need to be re-evaluated by their licensed healthcare professional, the District Athletic Trainer or may have to return to the previous step of the progressive physical activity program.

The Concussion Framework will be used to track all dates, signs and symptoms of a concussion that are reported or observed. The Concussion Framework will become part of the student-athletes medical file.

#### Concussion Awareness and Education

To the extent possible, the Board encourages the administration to implement concussion awareness and education into the district's physical education and/or health education curriculum. The administrative decision will take into account all relevant considerations, including time, resources, access to materials, and other pertinent factors.

#### Financial Hardship

If families have difficulty securing a licensed healthcare professional they should seek out the Principal or Athletic Director for support. The district will work with families to make certain that student-athletes are safe and have every opportunity to participate in the co-curricular activities.

#### Academic Issues in Concussed Students (Return to Learn)

In the event a student is concussed, regardless of whether the concussion was a result of a school-related or non-school-related activity, school district staff should be notified. Following a concussion, many student-athletes will have difficulty in school. In the event a student has a concussion and the school is notified of the concussion, that student's teachers will be notified. Teachers should report to the school nurse if the student appears to have any difficulty with academic tasks that the teacher believes may be related to the concussion. The school nurse will notify the student's parents and treating healthcare professional. Administrators and district staff will work to establish a protocol and course of action to ensure the student is able to maintain his/her academic responsibilities while recovering from the concussion.

Section 504 accommodations may be developed in accordance with applicable law and board policies.

#### **Additional Resources:**

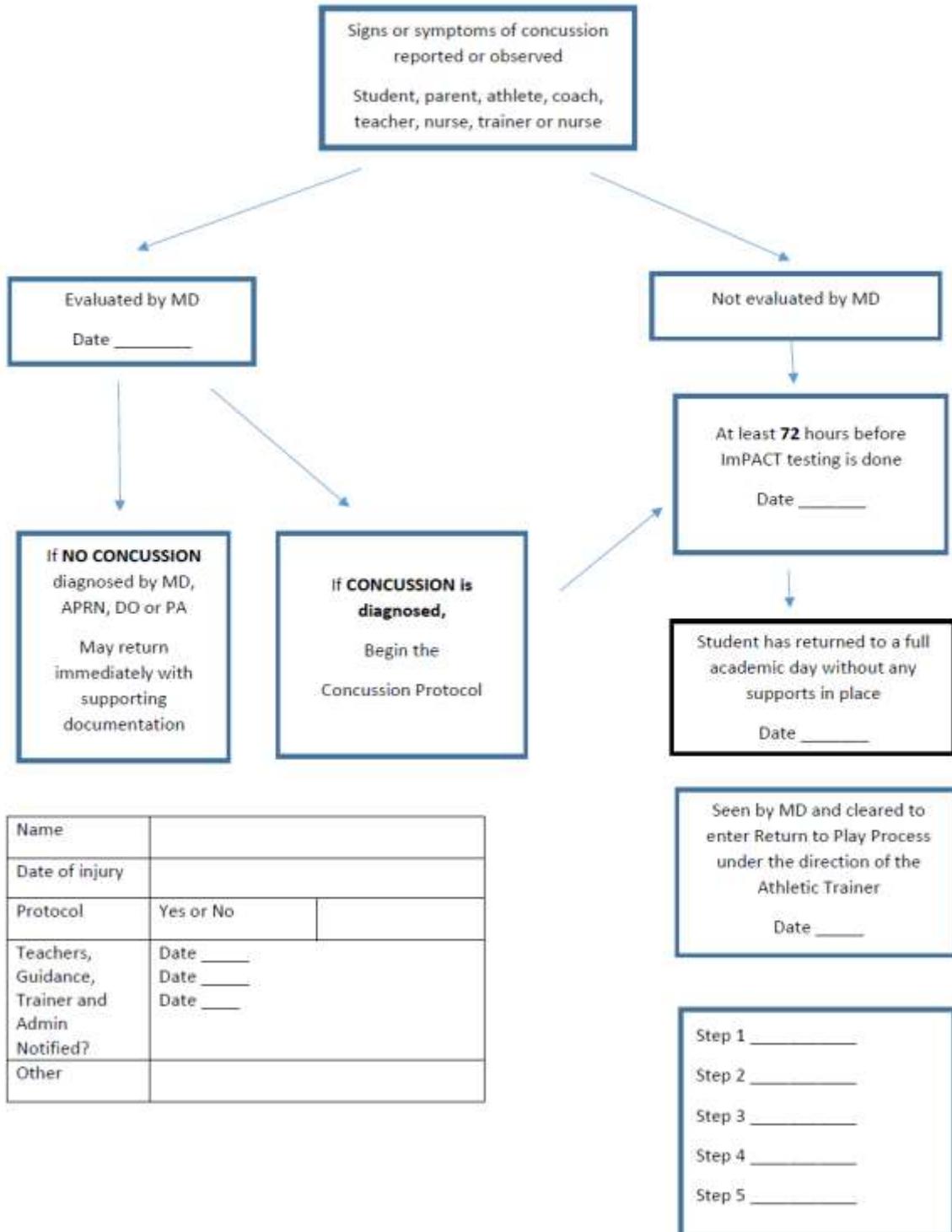
<http://nhiaa.org/PDFs/3076/SuggestedGuidelinesforManagementofConcussioninSports.pdf>

<http://www.bianh.org/concussion.asp>

**(Adopted: 12/3/2012)**

**(Revised: 1/8/2018)**

### CONCUSSION FRAMEWORK



Name		
Date of injury		
Protocol	Yes or No	
Teachers, Guidance, Trainer and Admin Notified?	Date ____	Date ____
Other	Date ____	