

SUBJECT: CONCUSSION MANAGEMENT POLICY

The Board of Education of the Plainview-Old Bethpage Central School District recognize that mild traumatic brain injuries (commonly referred to as “concussions”) and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activity. Therefore, the District adopts the following policy and guidelines to assist in the proper identification, evaluation and management of head injuries, including concussions.

District staff members who observe a student displaying signs and/or symptoms of a concussion, or learn of a head injury from a student, should have the student accompanied to the school nurse and the school should contact a parent/guardian. In accordance with the New York Concussion Management and Awareness Act, any student suspected of having a concussion either based on the disclosure of a head injury, observed or reported symptoms, or by sustaining a significant blow to the head or body must be removed from athletic activity and/or physical activities (e.g., physical education class, recess) and observed until an evaluation can be completed by a medical provider. In the event that there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been so injured until proven otherwise. The District should notify the student’s parents or guardians and recommend appropriate monitoring to parents or guardians. The student should not return to school until released by an appropriate health care professional. The student shall not return to athletic activity (e.g., physical education class, recess, and all other physical activities) until the student has been symptom-free for at least twenty-four (24) hours and has been evaluated by and received written and signed authorization from the student’s licensed physician and, in the case of extra-class athletic activities, has received clearance from the District’s medical director/physician to participate in such activity. Upon the review of the written medical authorization from the student’s physician, the District’s medical director/physician will make the final decision on return to play determinations, including physical education class, recess, and extra-class athletic activities. Any student who continues to have signs or symptoms upon return to activity must be removed from play, and reevaluated by the student’s health care provider who must provide follow up medical documentation and/or written authorization for review by the District’s medical director/physician.

Students

All school coaches (including teachers with coaching qualifications and experience, those with temporary coaching licenses or professional coaching certificates), physical education teachers, nurses and certified athletic trainers who work with and/or provide instruction to students engaged in school-sponsored activities must complete, on a biennial basis, a course of instruction relating to recognizing the symptoms of concussions and monitoring and seeking proper medical treatment for students who suffer concussions. The course of instruction will include, but not be limited to: the definition of a mild traumatic brain injury or “concussion”; signs and symptoms of concussions; how such injuries may occur; preventative practices; the guidelines for return to school and school activities after a student has suffered a concussion regardless of whether the injury occurred outside of school.

The District will include on its website information related to concussions, including the definition of a mild traumatic brain injury or “concussion”; signs and symptoms of concussions; how such injuries may occur; preventative practices; the guidelines for return to school and school activities after a student has suffered a concussion regardless of whether the injury occurred outside of school. Such information will also be included in any permission form or parental consent form which may be required for a student’s participation in interscholastic athletics.

Concussion Guidelines and Procedures

1. Education

NYSED-approved concussion training, to the extent required by NYSED, shall be required for the Director of Health, Physical Education, Athletics, and Recreation, physical education teachers, coaches, school nurses, and athletic trainers. Upon completion of training, documentation must be provided to the Director of Health, Physical Education, Athletics, and Recreation by the staff member. Such documentation will be maintained in the Athletic Office. Education of parents should be accomplished through preseason meetings for sports and/or information sheets provided to parents. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, management of the injury and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion (or suspected concussion) regardless if the accident occurred outside of school or while participating in a school activity. All parents will be made aware of the school district’s policy and how these injuries will ultimately be managed by school officials through various means of communication.

2. Concussion Management Team

The District will assemble a Concussion Management Team (CMT). The CMT will consist of the District's medical director/physician, Director of Health, Physical Education, Athletics, and Recreation, athletic coordinators, coaches, athletic trainer(s), District Nurse Coordinator, PTSA President or delegate, and Health Advisory Council Chair. The Director of Health, Physical Education, Athletics, and Recreation should coordinate training for physical education teachers, coaches and parents. Training shall be mandatory for all coaches, assistant coaches and volunteer coaches that work with these student athletes regularly. In addition, information related to concussions will also be provided to parents at the beginning of sports seasons.

Training should include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis should be placed on the fact that no student will be allowed to return to physical activity the day of injury and also that all athletes shall obtain appropriate medical clearance prior to returning to play or school.

Plainview-Old Bethpage CSD Concussion Management Team (CMT)

Members

The District's CMT will consist of the following members. The role that each member plays in the process is also included.

District Medical Director/Physician - Provides advice, knowledge and insight into the law and current practices. The District Medical Director/Physician has the final say on clearance of all athletes upon review of written authorization from the student's physician. He/she is the final "gate" in the return to play protocol.

Director of Physical Education, Health, Athletics and Recreation - Educates and disseminates information to coaches and staff, stays current with local, state and national programs and policies, calls meetings of the committee and is constant communication with the District Nurse Coordinator, athletic coordinators, Athletic Trainer and District Medical Director/Physician. He/she also monitors the return to play protocol for each student.

Athletic Trainer - Stays knowledgeable on all current topics regarding concussions and concussion management. Evaluates and tests athletes through stages of "return to play" protocol (recovery). He/she also communicates directly with the school nurse,

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coach, and Director of Physical Education, Health, Athletics and Recreation during the return to play protocol to participate in athletics.

District Nurse Coordinator – Communicates directly with the Athletic Trainer and HS/MS nurses, as well as the District Medical Director/Physician, involving the “return to play” protocol and final clearance.

Varsity Football Coach – Provides sport-specific information and other sport-related concerns to/from committee and district staff (alternate members include the boys’ varsity lacrosse or soccer coach).

Varsity Girls Soccer Coach – Provides sport specific information and other sport related concerns to/from committee and district staff (alternate member includes the girls’ varsity lacrosse coach).

High School and Middle School Athletic Coordinators – Supports the Director of Physical Education, Health, Athletics and Recreation in dissemination of information.

PTA President (or his/her designated representative) – Communicates information and concerns between the committee and the PTA.

Health Advisory Council Chair (or his/her designee) – Communicates information and concerns between the CMT and the Health Advisory Council.

1. Return to Play

Return to play (physical education class, recess, and all other physical activities) following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These NYSPHAA current Return to Play recommendations are based on the most recent international expert opinion. No student should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion.

When a head trauma incident or suspected incident occurs or is disclosed, the trainer and coach should be notified immediately. The coach will be responsible for contacting the student’s parents, the Director of Physical Education, Health, Athletics and Recreation, and the school nurse. Should the incident occur during

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school hours, the student will be immediately accompanied to the nurse. The student will complete a detailed incident report with the coach or school nurse (if the incident occurred during school hours) as soon as possible. The student will then be required to be evaluated by a physician to gain clearance for participation in physical activity. The student will provide the school nurse with a signed, dated and written authorization from the physician before he/she can start any physical activity. The school nurse will forward copies of the signed, dated and written authorization to the coach, athletic trainer (where applicable), Director of Physical Education, Health, Athletics and Recreation, and the District Medical Director/Physician.

Once a student athlete is symptom free at rest for 24 hours, has submitted a signed, dated and written authorization by a physician that has been reviewed and deemed medically acceptable by the District's Medical Director/Physician, she/he may begin the return to play stepwise progression below (provided there are no other mitigating circumstances).

Return to Play Protocol (monitored by the coach and trainer):

Day 1: Low impact, non strenuous, light aerobic activity (ex. Stretching, walking).

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training (ex. Light jogging).

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter (ex. Throwing, shooting ball).

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter (ex. Sliding drills).

Day 5: Full contact training drills and intense aerobic activity (ex. Full practice).

Day 6: Return to full activities with clearance from District Medical Director/Physician.

Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation and stepwise protocol once they are asymptomatic at rest and with provocative exercise. If any post concussion symptoms occur while in the stepwise program, then the student should restart the process beginning with an evaluation by a licensed health care provider/personal physician.

Academic Considerations

Students may require special temporary accommodation to their academic program as a result of their concussion while the student is experiencing symptoms. The student must submit to the District a written recommendation and medical documentation from the student's personal physician supporting the need for any such accommodation.

Adopted: 4/8/13