

Concussion Management Policy

The Board of Education of the Sharon Springs Central School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, the District adopts the following policy to support the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstone of proper concussion management.

While district staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses and other appropriate staff will receive training to recognize signs, symptoms and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in a school sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the district expects the parent/legal guardian to report the condition to the school nurse, coach, teacher, etc. The district can then support the appropriate management of the condition.

The student shall not return to school or activity until authorized to do so by an appropriate health care professional. The school's chief medical officer will make the final decision on return to activity including physical education class and after-school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider.

The superintendent, in consultation with appropriate district staff, such as the chief school medical officer, school nurse, athletic director, coaches and teachers will develop regulations and protocols to guide return to activity.

Return to play Protocol following a Concussion

The following protocol has been established in accordance with the National Federation of State High School Associations and the International Conference of Concussion in Sport, Prague 2004.

When an athlete shows ANY signs or symptoms of a concussion:

1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for the deterioration is essential over the initial few hours following the injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised stepwise policy.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day. The student athlete must have a signed release by the treating clinician indicating that he/she may begin the return to play progression below (provided there are no other mitigating circumstances)

*******VERY IMPORTANT!**

Return to play PROTOCOL:

1. No activity until symptom free for 24 hours, and a Drs. release in place **before protocol** may commence.
2. Day 1: Light aerobic activity
3. Day 2: Sport specific activity
4. Day 3: Non-contact training drills
5. Day 4: Full contact practice
6. Day 5: Return to play

Other monitoring: The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on the computer, or taking a test.

****Each step should take approximately 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. In any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24 hour period of rest has passed.**

(These NYSPHAA current return to play recommendations are based on the most recent international expert opinions in regard to concussion management*)

Parents and student-athletes please sign the sheet stating that you have read and understand this protocol for return to play. Thank you!

Concussion Management

Return to Play Protocol Permission slip:

The Return to Play Protocol has been read and I understand that once a student athlete is symptom free and a Drs. release is in place releasing the student athlete for activity, then the RETURN TO PLAY PROTOCOL may begin. I understand that this process will take a minimum of 6 days to complete or longer if my son/daughter begin to show symptoms again.

Student athlete signature_____

Parent/Guardian Signature_____