

Concussion Policy

The Board of Education of the Prattsburgh Central School 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 in guidance with the New York State Concussion Awareness Act.

Concussion Management Team:

- Medical Director
- Athletic Director
- Coaches
- Guidance and faculty
- School nurse
- Student and parents

The NURSE will be responsible for the following:

Notify the AD, guidance, and faculty that a student received a head injury and outline restrictions as ordered by student's physician.

The nurse will meet with the student and parent upon return to school and assess the student's current signs and symptoms including level of pain, physical symptoms, injury site, cognitive level, etc., and inquire about meds student may need to take. The nurse will assess student's ability to climb stairs and evaluate safety in the hallway during period changes, and will remind student to report to nurse for headache, dizziness, fatigue, confusion, etc. The student should report to nurse's office if rest is needed. The nurse will encourage student to report immediately any second impact to the head, and will encourage student to notify teachers/guidance counselor of difficulty in the classroom. The nurse will also explain to student the steps involved in returning the student to full participation in athletics.

The Nurse will share the following information with parents:

They will be informed daily of any issues connected with the head injury. This will include need to rest, need for pain meds and any other symptoms related to the head injury. Nurse will also review the process the student will follow to return to full play without restrictions.

The Nurse will share the following information with faculty:

The nurse will notify the principal of diagnosis and possible side effects, and will provide faculty with information regarding side effects of a head injury. Symptoms of difficulty are to be reported immediately to the nurse. Guidance will be notified that a student may require significant short term program modifications without the benefit of an IEP or 504 plan already in place. Elementary and middle school teachers and aides will be notified to hold student from PE and recess. Bus drivers will also be notified of any head injuries.

The Athletic Director will:

Collect the accident report from the coach for any injury incurred during school sports. AD will assure that the Coach is aware of the athlete's head injury and restrictions, and will notify the coach when an athlete is cleared to begin the activity scale. The coach will report directly to the AD as the athlete progresses through each step.

Education:

Every two years a course will be provided to all school coaches, PE teachers, and nurses. Training will include: signs and symptoms of concussions, post-concussion and second impact, syndrome, 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 athlete will be allowed to return to play the day of injury and also that ALL athletes should obtain appropriate medical clearance prior to returning to play or school.

All athletes at the time of the preseason orientation sports meeting will receive information regarding concussions including signs and symptoms. After reviewing the information sheet, athletes AND their parents will sign the concussion waiver stating that they are REQUIRED to report any and all symptoms to a member of the school staff (nurse, MD, AD, and/or coach).

Injury Protocol:

When an athlete has an injury to the head, the coach removes him from the field of play immediately. The athlete will not be allowed to return to play the day of injury. Coach (or trained school personnel) will assess athlete and complete Concussion Checklist and return to AD at time of injury. Coach will notify parent and AD.

Medical Assessment/Return to play:

Any student who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headaches, dizziness, confusion or balance problems) cannot return until cleared by a physician. The school's Medical Director must also sign off for final approval for the athlete to be cleared. The physician will complete the Physician Evaluation form and return it to the school. Once the student is deemed cleared of all symptoms and cleared to return to play and has been symptomatic free for 24 hours she/he may begin the return to play progression listed below.

- Day 1 – Light aerobic activity – walking or stationary cycling, no resistance training
- Day 2 – sport – specific activity – running drills.
- Day 3- Non-contact training drills – progression to more complex training drills – passing drills, may start progressive resistance training
- Day 4- full contact practice
- Day 5 – return to play

Each step should take 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. If 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.

Policy will be revised and updated per NYSPHAA recommendations and New York State Concussion Awareness Act