

In the School District, students participate in intramural sports and physical education classes. Although the Board of Education of the School District takes reasonable care to prevent student injuries, the Board of Education of the School District recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in the intramural athletic activity, physical education class, extracurricular or School District sponsored activity and can have serious consequences if not managed carefully. Therefore, the School District adopts the following policy and guidelines to assist in the proper evaluation and management of concussions.

Concussion is a 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 cornerstones of proper concussion management.

The School District will establish a Concussion Management Team (CMT). The CMT will consist of the school nurse, the School District physician, a physical education teacher, or such other appropriate personnel as designated by the School District. The School District's CMT will oversee the implementation of the Concussion Management and Awareness Act in the School District, including but not limited to coordination of mandatory biennial training relating to concussions, for all physical education teachers and nurses that work with, and provide instruction to, students engaged in School District sponsored athletic activities. Training will include, but not be limited to the definition of a concussion, signs and symptoms of concussions and how they may occur, post-concussion and second impact syndromes, practices regarding prevention, guidelines for return to activity, School District protocols, and available area resources for concussion management and treatment. The CMT shall establish and implement a program which provides information on concussions to staff, parents and guardians throughout each school year.

Any student believed to have sustained a concussion or who is demonstrating signs, symptoms or behaviors consistent with a concussion, while participating in a School District sponsored class, intramural sports, extracurricular activity, physical education or recess shall be immediately removed from the game or activity and be evaluated as soon as possible by a licensed physician. The School District will take steps to notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians. The CMT will act as a liaison for any student returning to school and/or athletic activity following a concussion. If there is any doubt whether a student has sustained a concussion, the injury will be treated as a concussion until proven otherwise. If a student sustains a concussion at a time other than when engaged in School District sponsored activity, the School District expects that the student's parent/guardian will report the condition to the School District so that the School District can support proper management of the condition.

No student shall return to school or activity while experiencing symptoms consistent with those of a concussion. No student shall resume athletic activity until they have been symptom free for not less than twenty-four (24) hours. The student shall not return to a School District sponsored or intramural activity until the evaluation by, and receipt of a written and signed authorization from, a licensed physician. Regardless of such evaluation, the School District's physician shall

review any documentation and will make the final decision on return to school, including physical education class, recess and after-school sports. Any student who continues to have signs or symptoms upon return to activity must be immediately removed from play and reevaluated by a licensed physician. Once the student is symptom free for twenty-four (24) hours thereafter, the student will be required to present a licensed physician's authorization stating that they have been cleared to resume activities. The School District's physician shall review the new documentation provided by the student in order to determine if it is safe for the student to return to their regular School District activities. Such authorization shall be kept on file in the student's permanent health record.

Depending on the severity of the concussion and the individual circumstances of the student, appropriate modifications may be made to the student's participation in school and/or School District activities in an effort to reduce the risk of re-injury and promote recovery. Collaboration will help promote the development of an appropriate concussion management plan for the student. Parents/guardians and/or students are expected to accurately and promptly report injuries so that the student's health can be protected.

The School District shall make information available on its website regarding concussion and the guidelines for return to school and School District activities once a concussion has been sustained by a student. The School District shall also include such information in any parent/guardian permission form or consent form required for a student's participation in intramural sports.

The CMT shall adhere to State laws and regulations as the minimum standard for concussion management protocol for the School District. Such protocol shall be developed and implemented in accordance with applicable law and this policy.

Cross-ref: Policy 5140 Student Health Services

Ref: Education Law § 305(42)

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