

_____ **CONCUSSION MANAGEMENT GUIDELINES AND PROCEDURES**
2011

Although the Board of Education of the Irvington Union Free School District takes reasonable care to prevent student injuries, the District recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents, who participate in interscholastic athletic activities. Parents and students are reminded that participation in any interscholastic athletic activity, extracurricular or school-sponsored activity is a privilege granted to those students who comply with and maintain necessary eligibility criteria, as provided in Board Policy 7410 and 7420. In addition, parents and students must be aware that no helmet can guarantee the prevention of serious injury to the head or neck. To this end, the District has adopted the following policy and guidelines to aid in the proper management of concussions and head injuries.

The District will assemble a concussion management team (the “CMT”), which will consist of the school physician, the school nurse, the Athletic Director, and the athletic trainer. The CMT will oversee concussion management education and ensure that appropriate District staff members are provided with training relative to head injuries.

Any student demonstrating signs, symptoms, or behaviors consistent with a concussion while participating in a school-sponsored class, extracurricular activity or interscholastic athletic activity shall be immediately removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The District will take steps to notify the student’s parents and/or guardians and recommend appropriate monitoring. The CMT will act as a liaison for any student returning to school and/or play following a concussion. If there is any doubt whether a student has sustained a head injury, it should be treated as a concussion, until proved otherwise. If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the District expects that parent/legal guardian to report the condition to school nurse so that the District can support the appropriate management of the condition.

Immediate Post-Concussion Assessment and Cognitive Testing (“ImPact”)

The District will use ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) to assist in determining a student’s ability to return to play after suffering a concussion. It is a computerized exam that is taken by student-athletes prior to the season, to get a baseline reading on such brain functions as memory, reaction time, processing speed and concentration. If a student-athlete is believed to have suffered a concussion he/she must re-take the exam to help determine if there is any change in the baseline data. This helps the CMT determine if it is safe for the student to return to play after an injury to the head, as per applicable rules and Regulations.

The testing information is confidential and kept securely in a database by ImPact which can only be accessed with a secured password.

Return to Play

Pursuant to established guidelines of the New York State Public High School Athletic Association (“NYSPHSAA”), no student shall return to play while experiencing symptoms consistent with those of a head injury. The student shall not return to school or interscholastic activity until evaluated and released by an appropriate health care professional. Regardless, the District’s school physician shall make the ultimate decision regarding whether the student may return to participate in school and/or interscholastic or extracurricular activities. Any student who continues to have signs or symptoms of a head injury, after being returned to the aforementioned activities, shall be immediately removed and reevaluated by his/her personal health care professional. Once the student is symptom free for 24 hours thereafter, a student will be required to present a physician’s note stating that he/she has been cleared to resume activities. The District’s school physician shall review the new documentation provided by the student in order to determine if it is safe for the student to return to his/her regular school activities.

Depending on the severity of the head injury and individual circumstances of the student, appropriate modifications may be made to the student’s participation in school in an effort to reduce the risk of re-injury and promote recovery. Collaboration and communication by the CMT, private health care professionals and parents of the student will help ensure the development of an appropriate concussion management plan for the student. Parents and/or students are expected to accurately and promptly report injuries so that the student’s health can be protected.

Cross-ref: *Board Policy 7410 (Extracurricular Activities)*

Board Policy 7420 (Sports and the Athletic Program)

Ref: 8 NYCRR §135.4

NYSPHSAA Concussion Management Support Materials and Guidelines; www.keepyourheadinthegame.org

<http://www.upstate.edu/uh/pmr/concussion/pdf/classroom.pdf>

Adopted: