

<b>Category:</b> <b>8000 STUDENTS</b>	<b>Policy Number:</b> <b>8215 (Page 1 of 2)</b>
<b>Policy Title:</b> <b>Concussion and Head Injury Guidelines</b>	<b>Effective Date:</b> <b>May 16, 2018</b>
<p><b>Definitions</b></p> <p>“Qualified healthcare professional” refers to the following who is trained in the evaluation and management of concussions:</p> <ol style="list-style-type: none"> <li>1. A licensed physician or physician assistant;</li> <li>2. A licensed advanced practice nurse; or</li> <li>3. A licensed health care professional trained in the evaluation and management of concussions who is supervised by a licensed directing physician.</li> </ol> <p>“Youth Athlete” means an individual who is eighteen (18) years of age or younger and who is a participant in any middle school, junior high school or high school athletic league or sport.</p> <p><b>Concussion and Head Injury Guidelines and Requirements:</b></p> <ol style="list-style-type: none"> <li>1. At the beginning of each sports season before a youth athlete participates in any organized practice or game of an athletic league or sport, the youth athlete and the youth athlete's parent or guardian shall receive the protocol and information described in Policy No. 8215P1.</li> <li>2. New coaches, referees, game officials, game judges and athletic trainers shall complete the NFHS Concussion Course upon hiring and before officiating a regular season contest, and each even numbered year thereafter prior to the first day of practice.</li> <li>3. Schools shall obtain written consent from the youth athlete’s parent or guardian on an annual basis attesting to the fact that the youth athlete’s parent or guardian has received a copy of the concussion information and guidelines as described in subsection (1) and acknowledges the inherent risk and authorizes the youth athlete to participate in athletic activity. (Policy No. 8214F2)</li> <li>4. If, during a practice or game or competition, it is reasonably suspected that a youth athlete has sustained a concussion or head injury and exhibits outward signs or symptoms of such, as defined by the centers for disease control and prevention, then the youth athlete shall be removed from play in accordance with the district’s concussion protocol (Policy No. 8215P1).</li> <li>5. An athlete may be returned to play once the athlete is evaluated and authorized to return by a qualified health care professional who is trained in the evaluation and management of concussions pursuant to Policy No. 8215P1.</li> <li>6. Students who have sustained a concussion and return to school may need informal or formal accommodations, modifications of curriculum, and monitoring by medical or academic staff until the student is fully recovered. A student athlete should be able to resume all normally scheduled academic activities without restrictions or the need for accommodations prior to receiving authorization to return to play by a qualified healthcare professional as defined above.</li> <li>7. If an individual reasonably acts in accordance with the protocol developed pursuant to subsection (1) of this policy, then acting upon such protocol shall not form the basis of a claim for negligence in a civil action.</li> </ol> <p style="text-align: center;"><b>Snake River School District 52, 103 South 900 West, Blackfoot, Idaho 83221</b></p>	

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**LEGAL REFERENCE:**

Idaho Code § 33-1625 (Youth Athletes – Concussion and Head Injury Guidelines and Requirements)-As amended by 2016 Session Laws, ch. 293, sec. 1, eff. 7/1/2016

IHSAA Guidelines:  
<http://www.ihsaa.org/Portals/0/ihsaa/documents/quick%20resources/IHSAA%20Concussion%20Guidelines.pdf>

CDC Concussion:  
<http://www.cdc.gov/headsup/index.html>

CDC Concussion Signs and Symptoms Checklist:  
[http://www.cdc.gov/headsup/pdfs/schools/tbi\\_schools\\_checklist\\_508-a.pdf](http://www.cdc.gov/headsup/pdfs/schools/tbi_schools_checklist_508-a.pdf)

**ADOPTED:**

**AMENDED:**

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<b>Policy Title: Procedures Regarding Concussions</b>	<b>Effective Date: May 16, 2018</b>
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This district is concerned about the health, safety, and well-being of students, including those who participate in extracurricular activities, contact sports for both girls and boys such as, but not limited to, football, wrestling, soccer, basketball and baseball/softball. In an effort to maintain the health and safety of students, the following guidelines from the Idaho High School Activities Association will be strictly followed:

**Action Plan**

Coaches, trainers, and other adults associated with a school athletic team will receive appropriate training regarding injuries to student athletes, including concussions.

If a player is suspected of having a concussion, the following steps should be taken:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional.
3. Inform athlete’s parents or guardians about the known or possible concussion and give them the fact sheet on concussion. (Fact sheet available from CDC at <http://www.cdc.gov/headsup/index.html>)
4. Allow the athlete to return to play only with the permission from an appropriate health care professional and the consent of a parent and/or guardian.

**Signs and Symptoms**

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about events
- Repeats questions
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments
- Can’t recall events prior to hit
- Can’t recall events after hit

**Symptoms Reported by Athlete:**

**Emotional:**

- Irritable
- Sad
- More emotional than usual
- Nervous

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**Thinking/Remembering:**

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

**Sleep<sup>1</sup>:**

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

**Physical:**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry vision or double vision
- Numbness or tingling
- Sensitivity to light or noise
- Does not “feel right”

Additionally, students with a concussion should **NOT** return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it is OK to return to play. This means, until permitted, not returning to:

- Physical education class
- Sports practices or games, or
- Physical activity at recess.

**Danger Signs:**

Be alert for symptoms that worsen over time. A student should be seen in an emergency department right away if s/he has:

- One pupil larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

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<sup>1</sup> Only ask about sleep symptoms if the injury occurred on prior day.

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**Post-Concussion Action Plan**

Students who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork and/or
- Reduce time spent on the computer, reading, or writing.

When students return to school after a concussion, school professionals should watch for:

- Increased problems paying attention or concentrating
- Increased problems remembering or learning new information
- Longer time needed to complete tasks or assignments
- Difficulty organizing tasks
- Inappropriate or impulsive behavior during class
- Greater irritability
- Less able to cope with stress or is more emotional



**LEGAL REFERENCE:**

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IHSAA Guidelines:

<http://www.ihsaa.org/Portals/0/ihsaa/documents/quick%20resources/IHSAA%20Concussion%20Guidelines.pdf>

CDC Concussion:

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CDC Concussion Signs and Symptoms Checklist:

[http://www.cdc.gov/headsup/pdfs/schools/tbi\\_schools\\_checklist\\_508-a.pdf](http://www.cdc.gov/headsup/pdfs/schools/tbi_schools_checklist_508-a.pdf)

**ADOPTED: 05/16/2018**

**AMENDED:**