

## Concussion Management

The Board of Education of the Harpursville School District recognizes that concussions and head injuries are possible during interscholastic athletic participation. Therefore, the District adopts the following policy to support 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 a concussion will vary. Avoiding re-injury and over exertion until fully recovered are the cornerstones of proper concussion management.

While the coaching staff will exercise reasonable care to protect students, head injuries may still occur. All interscholastic athletic coaches will be required to complete the concussion management course offered by the United States Center of Disease Control. Any student-athlete exhibiting concussion related signs, symptoms, or behaviors shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The High School Health Office, Athletic Director, or Coach will notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians.

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 High School Health Office, Athletic Director, or Coach.

The student shall not return to practice or contest participation until authorized to do so by an appropriate health care professional. 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. Return to play following a concussion involves a stepwise progression once the individual is symptom free.

Return to play time line: Each step is taken 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.

Day 1: Light aerobic activity

Day 2: Sport specific Non Contact activity

Day 3: Non Contact training drills

Day 4: Full contact practice

Day 5: Return to full participation

**First Reading: June 18, 2012**

**Second Reading & Adoption: July 9, 2012**