

## Concussion Management Regulation

The following concussion management regulation shall be followed for all students in the Phoenix Central Schools that display signs and symptoms of a concussion. This includes interscholastic athletes as well as students in physical education classes. This policy is based on the Concussion Management and Awareness Act that went into effect on July 1, 2012 for all public schools and charter schools. The items listed below are required for school districts to be in compliance with the law. Some of the items are specifically spelled out in the law and others have been recommended by the State Education Department and the Department of Health and approved by the State Education Department.

### **The Concussion Management Team**

The concussion management team shall guide, implement and periodically review the program.

The team will include the following individuals:

- Director of Physical Education, Athletics and Health services
- School Nurse
- School Chief Medical Officer (School Physician)
- Athletic Trainer
- Coach
- Advisors/Directors of all extracurricular activities

Such individuals as may be directed by the Superintendent of Schools.

### **On Field Evaluation**

During practices and contest, athletes demonstrating signs and symptoms of a concussion should be evaluated by the coach and/or athletic trainer and then, if determined to have a possible concussion, athlete should not be permitted to continue any activity at which the athlete must follow all protocols and procedures as outlined in this policy. The concussion checklist must be filled out immediately with copies to be provided to the school nurse and Director HPEA.

### **Physical Education**

Physical Education Teachers must report to the nurse any student exhibiting the signs and symptoms of a head injury. Any student, include athletes who reported to the nurse as exhibiting signs and symptoms of a head injury must have a physician's note to return to class as well as clearance from the School Chief Medical Officer. Students must follow the return to play protocol if diagnosed with a concussion.

### **Return to Play (RTP)**

No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. Clearance must also come from the School Medical Officer. Such authorization must be kept in the pupil's permanent health record. Schools shall follow directives issued by the pupils treating physician, unless otherwise directed by the School Chief Medical Officer.

The cornerstone of proper concussion management is rest until all symptoms resolved and then a graded program of exertion before return to sport. Therefore, once a student has been cleared by the School Chief Medical Officer, a five-step program must be followed. The program is broken down into five steps in which only one step is covered per day. The five steps involve the following:

1. Light aerobic exercise such as walking or stationary bike, etc. No resistance training
2. Sport specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
3. Non-contact training/skill drills
4. Full contact training in practice setting
5. Return to competition

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

Diagnosis and Clearance of Concussions (Table)

<b>Where Injury occurred</b>	<b>Who can diagnose</b>	<b>Who can clear to return to school activities, inclusive of PE</b>	<b>Who has final clearance for student to return to athletic activities</b>
Interscholastic Sports	Physician	Physician	District Medical Director
School during non-Athletic activities	Physician, Nurse Practitioner, Physician Assistant	Physician, Nurse Practitioner, Physician Assistant, or Designee (e.g., Neuropsychologist)	District Medical Director
Outside of school	Physician, Nurse Practitioner, Physician Assistant	Physician, Nurse Practitioner, Physician Assistant, or Designee (e.g., Neuropsychologist)	District Medical Director



# **FIREBIRDS**