

EAST
STROUDSBURG
AREA
SCHOOL
DISTRICT

SECTION: PROGRAMS

TITLE: CONCUSSION MANAGEMENT

ADOPTED: October 15, 2012

123.1. CONCUSSION MANAGEMENT

<p>1. Purpose</p> <p>2. Definitions 24 P.S. Sec. 5322</p> <p>24 P.S. Sec. 5322</p> <p>Pol. 123</p> <p>Pol. 122</p> <p>Pol. 122</p> <p>Pol. 122, 123</p>	<p>The Board recognizes the importance of ensuring the safety of students participating in the district’s athletic programs. This policy has been developed to provide guidance for prevention, detection and treatment of concussions sustained by students while participating in an athletic activity.</p> <p>Appropriate medical professional shall mean all of the following:</p> <ol style="list-style-type: none"> 1. A licensed physician who is trained in the evaluation and management of concussions. 2. A licensed or certified health care professional trained in the evaluation and management of concussions and designated by a licensed physician trained in the evaluation and management of concussions. 3. A licensed psychologist neuropsychologically trained in the evaluation and management of concussions or who has postdoctoral training in neuropsychology and specific training in the evaluation and management of concussions. <p>Athletic activity shall mean all of the following:</p> <ol style="list-style-type: none"> 1. Interscholastic athletics. 2. An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with the school, including cheerleading, club-sponsored sports activities and sports activities sponsored by school-affiliated organizations. 3. Noncompetitive cheerleading that is sponsored by or associated with the school. 4. Practices, interschool practices and scrimmages for all athletic activities.
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<p>3. Delegation of Responsibility 24 P.S. Sec. 5323</p>	<p>Each school year, prior to participation in an athletic activity, every student athlete and his/her parent/guardian shall sign and return the acknowledgement of receipt and review of the Concussion and Traumatic Brain Injury <u>Information Sheet as defined in Section 3 of the current PIAA CIPPE form and the ESASD Concussion Management Protocol.</u></p> <p>The Superintendent or designee shall develop administrative regulations to implement this policy, which shall include protocols for concussion management.</p>
<p>4. Guidelines 24 P.S. Sec. 5323</p>	<p>The school may hold an informational meeting prior to the start of each athletic season for all competitors regarding concussions and other head injuries, the importance of proper concussion management, and how preseason baseline assessments can aid in the evaluation, management and recovery process. In addition to the student athletes, such meetings may include parents/guardians, coaches, other appropriate school officials, physicians, neuropsychologists, athletic trainers and physical therapists.</p> <p><u>ESASD student-athletes grades 7-12 who participate in contact or collision sports offered by ESASD will be baseline tested by athletic medical personnel prior to participation in sport. Collision sports according the PIAA include: Football and Wrestling. Contact Sports according to the PIAA include: Baseball, Basketball, Competitive Cheerleading, Cross Country, Field Hockey, Soccer, Softball, Swimming, Track and Field, and Volleyball.</u></p> <p><u>Removal From Play</u></p>
<p>24 P.S. Sec. 5323</p>	<p>A student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, licensed physical therapist or other official designated by the district, exhibits signs or symptoms of a concussion or traumatic brain injury while participating in an athletic activity shall be removed by the coach from participation at that time.</p> <p><u>A student-athlete suspected of a concussion will be evaluated by a certified athletic trainer and/or physician/designee. Evaluation tools may include using a sideline assessment tool such as the Standardized Concussion Assessment Tool (ie. SCAT 3) and BESS test. If an ESASD team physician is present, the student-athlete may be evaluated by the team physician. Parent(s)/Guardian(s) and coaches are not expected to diagnose a concussion; however, they must be aware of the signs/symptoms, and behaviors of a possible concussion.</u></p> <p><u>Parents and/or guardians of the student-athlete must be notified as soon as possible and provided with the necessary information related to the concussion. Student-athletes presenting signs and symptoms of concussion are to be referred to a physician/designee for further evaluation. In addition, the student-athlete will not be able to drive him/herself home.</u></p>

<p>24 P.S. Sec. 5323</p>	<p><u>Return To Play</u></p> <p><u>The student-athlete (grades 7-12) will take a post injury neurological test, preferably within 24-72 hours of the initial concussive injury. Once written documentation of a medical clearance is received from a physician/designee and a passing post injury ImPact test, as interpreted by the physician/designee, and/or SCAT 3 is achieved, the student-athlete may begin his/her stepwise progressive physical activity program as per Pennsylvania Interscholastic Athletic Association Sports Medicine Guidelines Return to Play Protocol.</u></p> <p>The coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional. The Board may designate a specific appropriate medical professional(s) to provide written clearance for return to participation.</p>
<p>24 P.S. Sec. 5323</p>	<p><u>Training</u></p> <p>All coaches shall annually, prior to coaching an athletic activity, complete a concussion management certification training course offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations or another provider approved by the Department of Health. <u>A certificate of completion must be printed out and submitted to the athletic office prior to the start of the athletic season.</u></p>
<p>24 P.S. Sec. 5323</p>	<p><u>Penalties</u></p> <p>A coach found in violation of the provisions of this policy related to removal from play and return to play shall be subject to the following penalties:</p> <ol style="list-style-type: none"> 1. For a first violation, suspension from coaching any athletic activity for the remainder of the season. 2. For a second violation, suspension from coaching any athletic activity for the remainder of the season and for the next season. 3. For a third violation, permanent suspension from coaching any athletic activity. <p>References:</p> <p>Safety In Youth Sports Act – 24 P.S. Sec. <u>5322, 532+3</u> et seq.</p> <p>Board Policy – 122, 123</p>