

CONCUSSION POLICY
GRADES K – 12

PURPOSE

This policy provides for the implementation of MA 105 CMR 201.000, *Head Injuries and Concussions in Extracurricular Athletic Activities*. The policy applies to all public elementary, middle and high school students who participate in any extracurricular athletic activity. This policy provides the procedures and protocols for the Wareham Public Schools in the management of and prevention of sports-related head injuries within the district or school.

PRE-PARTICIPATION REQUIREMENTS TRAINING

Concussion training is a pre-participation requirement for all students and must be completed prior to practice or competition. This requirement may be met by completing the on-line course and providing a certificate of completion. Arrangements will be made with the Athletic Director for internet access in the event that it is not available to the parent/guardian.

It is mandatory that all coaches, athletes and the athletes' guardian complete the on-line concussion course at www.nfhslearn.com. Upon successful completion of the course, the guardian must sign the Athletic Parental Consent Form that will be provided to them.

Guardians must also complete the **Commonwealth of Massachusetts Pre-Participation Head Injury/Concussion Reporting Form for Extracurricular Activities** which is provided in the athletic packet.

The athletic director will keep all certificates and signed acknowledgements for seven years or, at a minimum, until the student graduates.

This training must be repeated each year.

EXCLUSION FROM PLAY

- Any student, who during a practice or competition, sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion or loses consciousness, even briefly, shall be removed from the practice or competition immediately and may not return to the practice or competition.
- The student shall not return to practice or competition until the student/guardian provides medical clearance. The coach or athletic trainer shall provide the necessary forms to the student/guardian to submit to their medical provider for completion. These forms include a letter explaining the need for the medical clearance from the Wareham Public Schools, an academic recovery plan, recommendation form, and the athletic return-to-play protocol.

- The coach or designee shall communicate the nature of the injury directly to the guardian, in person or by phone, immediately after a student has been removed from play due to a head injury, suspected concussion signs and symptoms of a concussion, or loss of consciousness. The coach or designee also must provide this information to the guardian in writing, either by paper or electronic format, by the end of the next business day.
- The coach or designee shall communicate and provide copies of appropriate paperwork, by the end of the next business day, to the Athletic Director and school nurse that the student has been removed from practice or competition due to a head injury, suspected concussion, signs and symptoms of a concussion, or loss of consciousness.

RETURN TO PLAY

After a concussion has been diagnosed by a physician, the athlete is put through a gradual return to play, by his/her physician's specifications. This takes approximately one week. This gradual return to play begins after the student is non-symptomatic for 24 hrs or more. The physician will make the final determination relative to the student athlete returns to play. The certified athletic trainer will keep these records for seven years or, at a minimum, until the student graduates. If an athlete has had two concussions within a thirty day period, he/she will sit out the remainder of the season and consult a physician.

ATHLETIC DIRECTOR RESPONSIBILITIES

The Athletic Director participates in the annual review and revision of the policy.

The Athletic Director completes the annual on-line training.

The Athletic Director shall:

- Ensure the training of coaches, staff, parents, volunteers and students;
- Maintain certificates of completion and signed pre-concussion forms;
- Ensure that the medically cleared list is provided to all coaches, assistants, and volunteers and that no student participates without this clearance;
- Ensure that athletes are prohibited from engaging in any unreasonably dangerous athletic technique that endangers the health or safety of an athlete, including using a helmet or any other sports equipment as a weapon.

ADOPTED as interim policy: December 21, 2011

Reviewed by SCPRSC: 02/14/12

AMENDED: February 29, 2012