

EXTRACURRICULAR ACTIVITIES REGARDING CONCUSSIONS POLICY

Definitions:

“Qualified healthcare professional” refers to the following who is trained in the evaluation and management of concussions:

1. A licensed physician or physician assistant
2. A licensed advanced practice nurse; or
3. A licensed healthcare professional trained in the evaluation and management of concussions who is supervised by a licensed directing physician.

“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.

Concussion and Head Injury Guidelines and Requirements:

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 this Policy and accompanying procedure.
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.
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.
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.
5. An athlete may be returned to play once the athlete is evaluated and authorized to return by a qualified healthcare professional who is trained in the evaluation and management of concussions pursuant to this policy and procedure.

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.

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.



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

ADOPTED: January 17, 2017

Revised: April 19, 2022