

EXTRACURRICULAR ACTIVITIES REGARDING CONCUSSIONS PROCEDURE

This District is concerned about the health, safety, and well-being of students, including those who participate in extracurricular activities, contact sports, for both girls and boys such as, but not limited to, football, wrestling, soccer, basketball, and baseball/softball. In an effort to maintain the health and safety of students, the following guidelines from the Idaho High School Activities Association (IHSAA) will be strictly followed:

Action Plan

Coaches, trainers, and other adults associated with a school athletic team will receive appropriate training regarding injuries to student athletes, including concussions.

If a player is suspected of having a concussion, the following steps should be taken:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion. (Fact sheet available from CDC at <http://www.cdc.gov/headsup/index.html>)
4. Allow the athlete to return to play only with the permission from an appropriate health care professional and the consent of a parent and/or guardian.

Signs and Symptoms

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about events
- Repeats questions
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments
- Can't recall events prior to hit
- Can't recall events after hit

Symptoms Reported by Athlete:

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion

Sleep¹:

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

Physical:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry vision or double vision
- Numbness or tingling
- Sensitivity to light or noise
- Does not “feel right”

Additionally, students with a concussion should **NOT** return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it is OK to return to play. This means, until permitted, not returning to:

¹ Only ask about sleep symptoms if the injury occurred on prior day.

- Physical education class
- Sports practices or games, or
- Physical activity at recess.

Danger Signs:

Be alert for symptoms that worsen over time. A student should be seen in an emergency department right away if s/he has:

- One pupil larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Post-Concussion Action Plan

Students who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork and/or
- Reduce time spent on the computer, reading, or writing.

When students return to school after a concussion, school professionals should watch for:

- Increased problems paying attention or concentrating
- Increased problems remembering or learning new information
- Longer time needed to complete tasks or assignments
- Difficulty organizing tasks
- Inappropriate or impulsive behavior during class
- Greater irritability
- Less able to cope with stress or is more emotional



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

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