

Concussion Guidelines

Many students in Weiser School District No. 431 participate in extra-curricular activities of a nature whereby physical injury may result. Though the District takes care to ensure all extra-curricular activities are as safe as practicable, it is not possible to remove all danger from such activities, and the District acknowledges that concussions may result. The purpose of this policy is to address situations in which student concussions have occurred or are suspected to have occurred.

This policy only applies to any organized athletic league or sport in which any District student participates as an athlete. For the purposes of this policy, athlete means an individual who is eighteen (18) years of age or younger and who is a participant in any middle school or high school athletic league or sport. A school athletic league or sport shall not include participation in physical education class.

Pre-Season Education

The Administration and coaches will work to ensure that athletes, youth athletes, parents, volunteers, and assistant coaches are educated about concussions. Prior to being allowed to engage or participate in any school athletic league or sport.

1. Each student desiring to participate in such school athletic league or sport, and the student's parents or guardians, shall be provided notice of and/or copies of any concussion guidelines or information available from the Idaho High School Activities Association, and also this policy.
2. Each student desiring to participate in such school athletic league or sport, and the student's parents or guardians, shall acknowledge that they have been provided the guidelines or information available from the Idaho High School Activities Association, as well as this policy, and have reviewed such information. Further, each student and the student's parents or guardians shall sign an applicable waiver for participating in such athletic league or sport.
3. The signed waiver and acknowledgment of review of the appropriate information shall be returned and kept on file at the school the athlete is participating for.
4. The athlete will be required to obtain a baseline concussion (or similar) test in order to participate in a school athletic league or sport. Such test must be performed at least once annually. (Please refer to attached ImPACT™ information.)
5. Weiser School District coaches, both paid and volunteer, will be required to take the IHSAA Concussion test prior to the start of their season at least once every two years. A copy of their certification will be kept on file with the Athletic Director, or school administration. The Athletic Director and Middle School Principal will be responsible for enforcing this policy and maintaining records on each coach involved.

Protocol on Suspected Concussion

If, during any school athletic league or sport practice, game or competition, an athlete exhibits signs or symptoms of a concussion, makes any complaint indicative of a possible concussion, or a coach, assistant coach, volunteer coach, or other school District employee has reason to believe a concussion has occurred, such student shall be removed from play or participation in the practice, game, or competition. According to the Centers for Disease Control and Prevention, and for the purposes of this policy, signs **observed by** coaches, administrators, athletic trainers, officials, parents, or other athletes which could be indicative of a concussion include, but are not limited to, if the athlete:

- * Appears dazed, stunned, or disoriented.
- * Forgets plays or demonstrates short-term memory loss.
- * Difficulties (e.g. is unsure of the game, score, or opponent).
- * Exhibits difficulties with balance or coordination.
- * Answers questions slowly or inaccurately
- * Loses consciousness.
- * Demonstrates behavior or personality changes.
- * Is unable to recall events prior to or after the hit.

According to the Centers for Disease Control and Prevention, and for the purposes of this policy, **symptoms reported by the student-athlete to a coach, athletic trainer, and/or physician** which could be indicative of a concussion include but are not limited to:

- * Has a headache
- * Is nauseous or vomiting
- * Has blurry vision
- * Has difficulty remember things/memory impairment
- * Is dizzy
- * Is drowsy
- * Is sleeping more or less than usual
- * Feeling fatigued
- * Feeling "in a fog"
- * Feeling like things are moving in slow motion
- * Is unusually emotional
- * Is unusually irritable, nervous or sad
- * Feels a loss of orientation
- * Has poor balance/coordination
- * Feels ringing in the ears
- * Is sensitive to bright lights/loud noises

Coaches should not try to judge the severity of the injury themselves. Health care professional have a number of methods that they can use to assess the severity of concussions. Coaches should record the following information, if possible, to help health care professionals in assessing the athlete after the injury:

- * Cause of the injury and force of the hit or blow to the head or body.
- * Any loss of consciousness (passed out/knocked out) and, if so, for how long.
- * Any memory loss immediately following the injury.
- * Any seizures immediately following the injury.
- * Number of previous concussions (if any).

Athletes may not be returned to play or participate in any student athletic league or sport until the athlete has been evaluated and is authorized to return to play or participate by a qualified health care professional who is trained in the evaluation and management of concussions, including a physician or physician's assistant licensed under Chapter 18, Title 54, Idaho Code, an advanced practical nurse licensed under Idaho Code 54-1409, or a licensed health care professional trained in the valuation and management of concussions who is supervised by a directing physician who is licensed under Chapter 18, Title 54, Idaho Code. Such authorization *must be in writing* and must be provided to the District prior to the student being returned to play. If the authorization is signed by a licensed health care professional trained in the valuation and management of concussions, such authorization must also be countersigned by the directing physician.

Legal Reference:

I.C. § 33-1625 Youth Athletes – Concussion and Health Injury Guidelines
Title 54, Chapter 18 Idaho Code

Other References: <http://www.idhsaa.org/concussion/default.asp>
<http://www.cdc.gov/concussion/sports/index.html>
<http://www.cdc.gov/concussion/sports/recoqnize.html>

Policy History

ADOPTED
08-06-2012