

## CONCUSSION AWARENESS AND REMOVAL FROM PARTICIPATION

| DATES (Adopted/Revised) | GUIDE WORDS |
|-------------------------|-------------|
| Adopted - August, 2012  | Concussion  |
| Revised - March, 2013   | Head Injury |

The Board of Trustees of the Pocatello/Chubbuck School District No. 25 is committed to implementing safe practices for students who participate in extra-curricular activities inclusive of those practices that are in compliance with Idaho Code 33-1625 Youth Athletes - Concussion and Head Injury Guidelines and Requirements. 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 organized athletic league or sport in which any District student participates as an athlete or youth athlete. For the purposes of this policy, athlete or youth 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 a 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:

- Each student desiring to participate in such school athletic league or sport, and the student's parents/legal guardians, shall be provided notice of and/or copies of any concussion guidelines of information available from the State Department of Education and the Idaho High School Activities Association, and this policy.
- Each student desiring to participate in such school athletic league or sport, and the student's parents/legal guardians, shall acknowledge that they have been provided notice of and/or copies of the guidelines or information available from the State Department of Education and the Idaho High School Activities Association, as well as this policy, and have had the opportunity to review and have reviewed such information. Further, each student and the student's parents or guardians shall sign an applicable waiver for participating in such school athletic league or sport.
- The signed waiver and acknowledgement of review of the appropriate information shall be returned to the District prior to the student being allowed to participate. In all cases, athletes and youth athletes will not be allowed to participate in school athletic leagues or sports until the above requirements are met.

**Protocol on Suspected Concussion**

According to the Centers for Disease Control and Prevention, the following signs and symptoms shall guide the decision making of a coach, assistant coach, volunteer coach or any other school District employee in removing a student from participation who is suspect of having a concussion. Any student athlete who is suspect of having a concussion shall be removed from participation and referred to a qualified health care professional.

**CONCUSSION AWARENESS AND REMOVAL FROM PARTICIPATION****Signs and symptoms observed by an adult:**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

**Signs and symptoms reported by an athlete:**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

Coaches, assistant coaches, volunteer coaches or any other school District employee shall not try to judge the severity of the injury themselves. Health care professionals have a number of methods that they use to assess the severity of concussions. Coaches, assistant coaches, volunteer coaches or any other school District employee shall 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 and if it is known)

An athlete may be returned to participate once the athlete is evaluated and authorized in writing to return by a qualified health care professional who is trained in the evaluation and management of concussions. After the athlete is cleared by a physician, coaches will adhere to the IHSAA "Guidelines for Gradual Return to Play" and all District staff will follow any classroom accommodations recommended by the Athletic Director per Form C-44d. The following health care professionals meet the standard level of training for evaluation and management of concussions: physician or physician assistant licensed under Idaho Code, advanced practice nurse licensed under Idaho Code, licensed health care professional trained in the evaluation and management of concussions who is supervised by a directing physician in accordance with Idaho Code. If the authorization is signed by a licensed health care professional trained in the evaluation and management of concussions, such authorization must also be countersigned by the directing physician.

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In accordance with Idaho Code an individual reasonably acting in accordance with the protocol developed pursuant to Idaho Code and then acting upon such protocol shall not form the basis of a claim for negligence in a civil action.

In addition, coaches, referees, game officials, game judges and athletic trainers shall review such guidelines and information upon employment and biannually thereafter.