

## **Student Sports Concussion and Head Injuries**

### Concussion and Head Injury Management in Student Sports

#### A. Athletic Director and Administrator in Charge of Athletics Duties:

1. *Updating*: Each spring, the athletic directors - and the administrator in charge of athletics shall review any changes that have been made in forms required for concussion and head injury management by consulting with the WIAA or the WIAA Web site. If there are any updated forms, they will be adopted and used for the upcoming school year.
2. *Identifying Sports*: By June 30 of each year, the athletic director and administrator in charge will identify competitive sport activities in the district for which compliance with the concussion and head injury policy is required. *Coach Training*: All coaches shall undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through attendance at a WIAA or similar clock hour presentation which uses WIAA guidelines; or (2) by completing WIAA online training.

B. *Parent Information Sheet*: On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the student athlete and the athlete's parent and/or guardian prior to the student athlete's initiating practice or competition. This information sheet may be incorporated into the parent permission sheet which allows students to participate in extracurricular athletics.

C. *Coach's Responsibility*: A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be immediately removed from play.

D. *Return to Play After Concussion or Head Injury*: A student athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. All athletic trainers and coaches shall follow the *ISDCussion Management Plan* procedures.

## **Issaquah School District Concussion Management Plan**

If the athlete, parents or coaches notice any signs or symptoms of a concussion they will report to the licensed athletic trainer. These may include: headache, dizziness, vision problems, balance problems, sensitivity to light and noise, fatigue, drowsiness, confusion, irritability, sadness, nausea or vomiting, dizziness, nervousness, pressure in head, and difficulty concentrating or remembering.

If an athlete has signs or symptoms of a concussion for more than 2 days they must see a doctor and return with the physician's clearance form (which will be given to the athlete prior to the appointment).

The athlete may not return to play the same day as the concussion occurred.

When returning athletes to play they must follow a step wise return-to-play progression as listed below under direction of a Licensed Athletic Trainer.

1. Physical and mental rest until asymptomatic
2. Light aerobic exercise (20 minutes of biking, jogging, or elliptical)
3. Light aerobic exercise (20 minutes of biking, jogging, or elliptical) followed by sport specific exercise
4. Non-contact practice (position drills), for sports that are non-contact the athlete should practice at 75% of maximal effort.
5. Full contact/full effort practice
6. Return to normal participation

If at any point signs or symptoms return the athlete is removed from the activity and restarts the progression.

**Date: 08.09; 10.24.11**