



Document Name: Concussion and Traumatic Head Injury Policy
First Approved Date: September 24, 2018

1.0 Purpose

A minor head injury is a frequent occurrence in the school playground and on the sports field. Fortunately, the majority of head injuries are mild and do not lead to complications or require hospital admission. However, a small number of children do suffer from a severe injury to the brain. In order to effectively and consistently manage these injuries, this policy has been developed to aid in ensuring that concussed students are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day, and are fully recovered prior to returning to activity. This policy is intended to ensure compliance with the Protection of Athletes With Head Injuries Act, Utah Code section 26-53-101 et seq., and Utah Administrative Rule R277-614 et seq.

2.0 Definitions

A concussion is the most common type of traumatic head injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as the result of a blow to the head or body. Complications such as swelling, bruising or bleeding can happen inside the skull or inside the brain.

The following are neuropsychological symptoms of sports-related concussions:

<ul style="list-style-type: none"> ● Seizure ● Irritability ● Lethargy ● Vomiting ● Headache ● Dizziness ● Fatigue ● Emotional lability 	<ul style="list-style-type: none"> ● Visual disturbance Impaired consciousness ● Short term memory loss ● Inability to focus ● Vacant Stare ● Slowed/incoherent speech ● Sensitivity to light/sound/noise ● Loss of balance or coordination
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"Agent" means a coach, teacher, employee, representative, or volunteer.

"Qualified health care provider" means a health care provider who is licensed under Utah Code Title 58, Occupations and Professions and who may evaluate and manage a concussion or traumatic head injury within the health care provider's scope of practice.

"Sporting events" for purposes of this policy means any of the following athletic activities that is organized, operated, managed, or sponsored by the school: (i) a game; (ii) a practice; (iii) a sports camp; (iv) a physical education class; (v) a competition; or (vi) a tryout. A "sporting event" does not include free play or recess taking place during school hours.

"Traumatic head injury" means an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self-reported conditions attributable to the injury: (a) transient confusion, disorientation, or impaired consciousness; (b) dysfunction of memory; (c) loss of consciousness; or (d) signs of other neurological or neuropsychological dysfunction, including seizures, irritability, lethargy, vomiting, headache, dizziness, or fatigue.

3.0 Policy

3.1 Training Requirement.

All educators and agents of the school should become familiar with the signs and symptoms of concussion and traumatic head injury. Educators and agents of the school should have appropriate training about recognizing and responding to traumatic head injuries, consistent with their responsibilities for supervising students and athletes.

3.2 Removal From Activity.

Any student who suffers a head injury at school and who is suspected of sustaining a concussion or traumatic head injury will be immediately removed from any activity, including but not limited to sporting events, including interscholastic or intramural games, practices, sports camps, competitions, and tryouts for school sanctioned sports, club sports, cheerleading, dance, or other activities where injuries are likely to occur, and shall not return to play until cleared by an appropriate health care professional.

3.3 Referral Guidelines.

The following situations indicate a medical emergency and require an emergency medical response by school personnel in conjunction with parent notification:

1. Any student with a witnessed loss of consciousness (LOC) of any duration should be spine boarded and transported immediately to nearest emergency department via emergency vehicle.
2. Any student who has symptoms of a concussion, and who is not stable (i.e., condition is worsening), is to be transported immediately to the nearest emergency department via emergency vehicle.
3. A student who exhibits any of the following symptoms should be transported immediately to the nearest emergency department, via emergency vehicle:
 - a. Deterioration of neurological function
 - b. Decreasing level of consciousness
 - c. Decrease or irregularity in respirations
 - d. Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding
 - e. Mental status changes: lethargy, difficulty maintaining arousal, confusion or agitation

f. Seizure activity

A student who is symptomatic but stable may be transported by his or her parents. The parents should be advised to contact the student's primary care provider, or seek care at the nearest emergency department, on the day of the injury.

3.4 Return to Play

A student's return to play after a concussion or traumatic head injury is a medical determination. A student who has suffered, or who is suspected of suffering, a concussion or a traumatic head injury must be evaluated by a health care provider who is licensed in the State of Utah and trained in the evaluation and management of concussions or traumatic head injuries before being allowed to return to participate in a sporting event. Before a student suspected of suffering a concussion or traumatic head injury may be allowed to participate in any school sporting event, the student's parent or guardian shall provide a written statement from a qualified health care provider stating that:

1. the student is symptom free and medically cleared to resume participation in the sporting event; and
2. the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion or traumatic head injury.

Written permission from the parent/legal guardian must also be provided before the student is allowed to return to school activities.

Once medical clearance has been given, the student will be progressed back to full activity in accordance with the following step-wise process. School personnel shall carefully monitor the student's progression through each of the steps.

Step 1: Complete cognitive rest. This may include staying home from school or limiting school hours. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2: Return to school full-time.

Step 3: Light non-impact aerobic activity.

Step 4: Moderate non-impact aerobic activity.

Step 5: Non-contact training drills in full equipment. Weight training can begin.

Step 6: Full contact practice or training.

Step 7: Full participation.

The student should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the student must stop the activity and the treating physician must be contacted. Progression is individualized, and will be determined on a case-by-case basis under the supervision of appropriate school personnel. Factors that may affect the rate of progression include: (a) previous history of concussion or traumatic head injury; (b) duration and type of symptoms; (c) age of the student; and (d) whether the school sporting event involves the potential of collision or contact.

3.5 Annual Notice to Parents.

Wasatch Charter School shall provide a copy of this policy to parents of any students who participate in sporting events at least annually. The school will ask parents to acknowledge receipt of the policy by signing the acknowledgement form attached as an Appendix to this policy. This policy shall also be posted on the school's website.

4.0 Relevant Procedures, Guidelines & Restrictions

- UHSSA Post-Concussion Instructions and Return to Play Release Form:

<https://www.ccsdut.org/cms/lib/UT02205719/Centricity/Shared/Policies/ConcussionReleaseForm.pdf>

- NFHS Concussion Training Course:
<https://nfhslearn.com/courses/61151/concussion-in-sports>
- For information on concussions or traumatic head injuries, including management guidelines for the first 24 hours after an injury, visit:
<http://www.cdc.gov/headsup/basics/index.html>

5.0 EXHIBITS / APPENDICES / FORMS



HEAD INJURY POLICY GUIDELINES Acknowledgement Form

By signing below I hereby consent to allow my student, _____, to participate in sporting events and activities and I do so with full knowledge and understanding of the risks involved. I hereby acknowledge that I have received, reviewed and understand the information in the Concussion and Traumatic Head Injury Policy, and agree to abide by it. I have been advised, cautioned, and warned by Wasatch Charter School about the inherent risk of injuries associated with participation in physical activities and sporting events, which includes but is not limited to physical education class or other activities where injuries are likely to occur.

Student Name: _____

Grade: _____

Signature of Parent or Guardian: _____

Date: _____