

Policy For Review: September-October 2011

Please provide input to building principals by October 17, 2011

Grand County School District

5900 STUDENT – SAFETY AND HEALTH CONCUSSION AND HEAD TRAUMA

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1 Definitions

- 1.1 'District' means Grand County School District
- 1.2 'school personnel' means coaches, licensed and classified employees, and volunteers who are responsible for children during any school-sponsored activity
- 1.3 'parent' means parent or legal guardian
- 1.4 'child' means an individual who is under the age of eighteen (18)
- 1.5 'sporting event' means a game, practice, sports camp, physical education class, competition, tryout or other related school-sponsored activity
- 1.6 'physical activity' means school-sponsored sporting events, active movement at recess, or active movement in any school program
- 1.7 'qualified health care provider' means a provider who is licensed under Title 58, Occupations and Professions to evaluate and manage a concussion within the health care provider's scope of practice
- 1.8 'symptoms' means signs, symptoms and behaviors

2 References

- 2.1 Utah Code 26-53-101
- 2.2 Utah Code 26-53-102
- 2.3 Utah Code 26-53-201
- 2.4 Utah Code 26-53-301

3 Purpose

The purpose of this policy is to protect students from continued injury when concussion or head injury is suspected by

- 3.1 providing education to parents regarding the serious effects of concussion and head trauma; and
- 3.2 outlining required actions should suspected concussions or head injuries occur.

4 Policy

4.1 Parent Education

Following is important background information relating to concussion and head trauma reported by the National Federation of State High School Associations and the Sports Medicine Advisory Committee.

- 4.1.1 A concussion is a type of brain injury that interferes with normal brain function. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body.
- 4.1.2 Continued participation in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury and even death.
- 4.1.3 The symptoms of a person injured with concussion are not always apparent immediately after the blow to the head or body. Symptoms may develop over a few hours.
- 4.1.4 A child exhibiting symptoms of concussion should never be left alone.
- 4.1.5 Persons injured by concussion report the following symptoms:
 - headache
 - nausea or vomiting
 - balance problems or dizziness
 - double or fuzzy vision
 - sensitivity to light
 - feeling sluggish
 - feeling foggy or groggy
 - concentration or memory problems
 - confusion
- 4.1.6 Signs observed by onlookers viewing persons with concussions include the following:
 - appears dazed or stunned
 - is confused about what to say
 - forgets plays in a game
 - is unsure of game, score or opponent
 - moves clumsily
 - answers questions slowly
 - loses consciousness
 - shows behavior or personality changes
 - can't recall events prior to, and/or after, the blow to head or body

4.2 Signed Parent Acknowledgement Required for a Child's Participation in School-Sponsored Physical Activities

Under the direction of the principal or department director, school personnel responsible for students involved in District-sponsored physical activities or sporting events shall provide a copy of this policy to parents and shall obtain the signature of the parent acknowledging that the parent has read, understands and agrees to abide by this policy. A child shall not participate in school-sponsored physical activity or sporting events without a signed parent acknowledgement form on file.

- 4.2.1 Parent acknowledgement forms shall be filed in the child's cumulative record and retained throughout his/her education in Grand County schools.

- 4.2.2 Parents whose student participates in extra-curricular physical activities or sporting events may be asked to sign consent forms each season for each sport or physical activity as required per sport or activity.

4.3 Action Required for Suspected Head Injury

- 4.3.1 In order to protect students from serious effects of concussion, Utah Code and District policy require that a child who exhibits any symptoms of concussion be ***immediately removed from all school-sponsored physical activity***. Parents and school personnel are not expected to diagnose a concussion but are expected to respond by immediately removing a child from physical activity if symptoms of concussions are observed. 911 shall be called as deemed necessary.
 - 4.3.1.1 If there is any doubt as to whether a child has suffered a concussion, parents and school personnel shall not allow the student to continue participation in the activity.
 - 4.3.1.2 Parents, coaches and other school personnel, and teammates shall never encourage a student to “play through” the symptoms of a concussion.
 - 4.3.1.3 School personnel shall continue to observe a child following a suspected concussion until responsibility of the child is passed to the parent or designated adult.
- 4.3.2 Furthermore, the child shall be prevented from participation in school-sponsored physical activity until evaluated by and given medical clearance from a qualified health care provider who is trained in the evaluation and management of concussion.

4.4 Medical Clearance

In order for a child who is suspected of sustaining a concussion to resume participation in any sporting event or physical activity, the parent of the child shall obtain a written statement from a qualified health care provider stating

- 4.4.1. the health care provider has, within the past three (3) years, successfully completed a continuing education course in the evaluation and management of concussion; and,
- 4.4.2 the child is cleared to resume participation in school sporting activities.

5 Policy Exhibit

See: Parent Statement of Acknowledgement - Concussion and Head Trauma Policy (Signature Form)

Adopted: ----- Grand County School District Moab, Utah