

Category: Recommended

The School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. The Board recognizes that the majority of concussions will occur in “contact” or “collisions” sports. However, in order to ensure the safety of all District student-athletes, this policy will apply to all competitive athletic activities as identified by the administration.

Consistent with the National Federation of High School (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), the District will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district will distribute a head injury and concussion information sheet via the athlete/parent handbook on the Keene High School website to all parents/guardians of student-athletes in competitive sport activities prior to the student-athlete's initial practice or competition.

All coaches, including volunteers, will complete training as recommended and/or provided by NHIAA, New Hampshire Department of Education and/or other pertinent organizations. Additionally, all coaches of competitive sport activities will comply with NHIAA recommended procedures for the management of head injuries and concussions.

Athletic Director or Administrator in Charge of Athletic Duties

Updating: Each spring, the athletic director or designee shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the NHIAA or the District's on-call physician, if applicable. If there are any updated procedures, they will be adopted and used for the upcoming school year.

Identified Sports: Identified sports include all NHIAA-sanctioned activities, including cheer/dance squads, and any other district-sponsored sports or activities as determined by the district.

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 viewing the NHIAA sport-specific rules clinic; or (2) through viewing the NHIAA concussion clinic found on the MHSAs Sports Medicine page at www.mhsa.org.

Parent Handbook: On a yearly basis, concussion and head injury information shall be made available via the athlete/parent handbook on the Keene High School website prior to the student-athlete's initial practice or competition. This information will be incorporated into the parent permission sheet that allows students to participate in extracurricular athletics.

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

Administrative Responsibilities: The Superintendent or his/her designee will keep abreast of changes in standards regarding concussion, explore staff professional development programs relative to concussions, and will explore other areas of education, training and programs.

Protocol For Return To Play

(See attached)

Concussion Awareness and Education

To the extent possible, the Board encourages the administration to implement concussion awareness and education into the district's physical education and/or health education curriculum. The administrative decision will take into account all relevant considerations, including time, resources, access to materials, and other pertinent factors.

Academic Issues in Concussed Students

In the event a student is concussed, regardless of whether the concussion was a result of a school-related or non-school-related activity, school district staff should be mindful that the concussion may affect the student's ability to learn. In the event a student has a concussion, that student's teachers will be notified. Teachers should report to the school nurse if the student appears to have any difficulty with academic tasks that the teacher believes may be related to the concussion. The school nurse will notify the student's parents and treating physician. Administrators and district staff will work to establish a protocol and course of action to ensure the student is able to maintain his/her academic responsibilities while recovering from the concussion.

Section 504 accommodations may be developed in accordance with applicable law and board policies.

Additional Resources:

<http://nhiaa.org/PDFs/3076/SuggestedGuidelinesforManagementofConcussioninSports.pdf>

<http://www.bianh.org/concussion.asp>

Approved KBE: 1/17/12

ADMINISTRATIVE PROCEDURE TO ACCOMPANY POLICY JLCJ
CONCUSSIONS AND HEAD INJURIES

ImPACT Testing / Concussion Policy

Keene High School will be using the ImPact testing system as a tool to assist in the diagnosis of concussion.

- a. Designated teams/athletes (in "High Risk sports" – see below) will be baseline tested at the beginning of each of their seasons.
- b. If an athlete is baseline tested and is not concussed, the baseline test is good for 2 years.
- c. If an athlete is concussed and baseline tested, the athlete will be retested within 24-48 hours, post concussion.
- d. If an athlete's retest scores are below the standardized baseline scores, the family will be contacted by one or more of the contracted sports medicine staff employed by Cheshire Medical Center.
- e. If warranted by the athletic trainer and/or the parent, our concussed athlete can be appropriately referred into our concussion specialist/primary care sports medicine physician, Dr. Heather Shafer. The athlete would then follow the care of Dr. Shafer.
- f. If not warranted, the concussion will be managed at KHS.
- g. If the athlete was not referred into Dr. Shafer (or any provider), an athlete 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. Such providers would be:
 - APRN (Nurse Practitioners)
 - ATC (Certified Athletic Trainers)
 - MD (State Licensed Physicians)
 - PAC (State Licensed Physician Assistants)
- h. Once the athlete has returned their ImPact scores to baseline, they may begin the Sports Medicine Centers 5 day Return To Play (RTP) heart rate based progression program. See Attached Document.

KHS Required Sports to Baseline ImPACT Test:

Fall:

- Football
- Girls Varsity Field Hockey
- Boys Soccer
- Girls Soccer
- Spirit
- Girls Volleyball

Winter:

- Wrestling
- Alpine Skiing
- Boys' Basketball
- Girls' Basketball
- Girls' Gymnastics
- Boys' Ice Hockey
- Boys' Diving
- Girls' Diving
- Spirit

Spring:

- Baseball
- Softball
- Pole Vaulters
- Boys' Lacrosse
- Girls' Lacrosse
- Boys' Volleyball