

Hamilton Southeastern School Corporation Concussion Management Policy

Indiana State Law (IC 20-34-7)

Effective Date: July 1st, 2012

Synopsis:

Requires the department of education, in consultation with specified persons, to disseminate guidelines, information sheets, and forms to school corporations for distribution to schools to inform and educate coaches, student athletes, and parents of student athletes of the nature and risk of concussions and head injuries. Requires that a high school student athlete and the student athlete's parent be given information concerning head injuries and concussions and return a form acknowledging receipt of the information to the student athlete's coach each year before beginning practice for a sport. Requires that a high school student athlete who is suspected of sustaining a head injury or concussion be removed from play at the time of the injury. Provides that the student athlete may not return to play until the student athlete has been evaluated and received written clearance from a licensed health care provider trained in evaluating head injuries. Provides that a health care provider who, as a volunteer, provides head injury evaluations to student athletes has immunity from civil liability for acts or omissions arising from the evaluations, except for gross negligence or willful or wanton misconduct.

Hamilton Southeastern School Corporation will implement the following plan in an effort to address IC 20-34-7.

Pre-Concussive Care

Prior to the athletic season, athletes and parents will receive information on head injuries and concussions, and both must sign an acknowledgement form stating that they have received and read the information. The DOE will provide these forms for the school to use.

All coaches will be educated on the signs and symptoms of concussions and will be aware of the plan in place for when a concussion does occur. School nurses will be informed on the school's plan in concussion management. When an athletic trainer is not present, the coach and/or school nurse will be able to handle the situation accordingly.

The *Indiana Sports Concussion Network* provides student athletes the opportunity to perform baseline ImPACT testing. Baseline tests will be administered by the Hamilton Southeastern School Corporation certified athletic trainers with the assistance of team coaching staffs.

Athletes from the following sports are at greater risk of sustaining a concussion and therefore will have ImPACT baseline testing done at Hamilton Southeastern School Corporation JH & High Schools once every two (2) years. All freshman and new transfers must take a baseline test or show proof of having a baseline test within the year to date of transfer:

1. Football
2. Soccer
3. Volleyball
4. Wrestling
5. Basketball
6. Diving
7. Baseball
8. Softball
9. Cheerleaders
10. Pole Vault/Jumpers

Athletes from these sports should have a baseline test before their first competition of the season. Scheduling time during the first week of practice to complete these tests is highly recommended.

Acute Concussive Care

Athletic trainers who cover events for Hamilton Southeastern School Corporation have the ability to evaluate an athlete for signs and symptoms of a concussion. If the athletic trainer determines a concussion has occurred the athlete will be removed from play or practice and the athletic trainer will attempt to notify the parents or guardians that same day. Also, the athlete will not be able to return to play that day and must be cleared by a **physician trained in the treatment of concussion in sport including neurocognitive testing**. In the event a certified athletic trainer is not available, the athlete should report to their coach or school nurse for appropriate guidance.

Post-Concussive Care

Recovery from a concussion requires limitation of physical activity, which includes practice, drills, games, and physical education classes. In significantly symptomatic athletes, mental activity should also be limited to allow the brain to heal. These activities may include limiting assignments, allowing greater time to complete quizzes, tests, or assignments, and less homework. Also limited should be activities such as watching TV, texting, playing video games and surfing the Internet. The athlete may also be advised by their physician to stay home from school.

Return to Play Guidelines

The most current standard of care for the return to play after a sports concussion includes the following:

1. The athlete must be symptom-free at rest
2. The athlete must have a normal neurological exam
3. Neurocognitive testing must return to baseline levels, or if there is no baseline to compare, testing must meet normative criteria.
4. The athlete must be symptom-free with increased physical and mental activity. The athlete must complete a functional progression with supervision of Hamilton Southeastern certified athletic trainers without the development of any signs or symptoms.

All four of the above mentioned criteria must be met prior to returning to activity.

This evaluation must be performed by a physician trained in cognitive testing and the management of concussion injuries. The Indiana Sports Concussion Network and the Athletes' Concussion Alliance have over 100 physicians trained in concussion management. The certified athletic trainers and other school personnel will be able assist the athlete and his/her parents in finding an appropriate physician.