

MANAGEMENT OF CONCUSSIONS AND OTHER HEAD INJURIES

The Board recognizes that concussions and other head injuries are potentially serious and may result in significant brain damage and/or death if not recognized and managed properly.

TRAINING

By June of each year, the Hampden Academy, Reeds Brook Middle School, and Samuel L. Wagner Middle School Athletic Directors will identify the school-sponsored athletic activities that pose a risk of concussion or other head injury. A list of these activities will be distributed to school administrators and coaches.

All athletic coaches, including volunteer coaches, and all physical education teachers must undergo training in the identification and management of concussive and other head injuries prior to assuming their responsibilities. The training must be consistent with such protocols as may be identified or developed by the Maine Department of Education (DOE) and include instruction in the use of such forms as the DOE may develop or require. The training method will be selected by the district's concussion management team and overseen by athletic directors at the middle schools and the high school and by the building principal at the elementary schools.

Coaches and physical education teachers shall be required to undergo refresher training every two years or when protocols and/or forms have been revised.

STUDENT AND PARENT INFORMATION

Annually, during mandatory coaches evenings or other means of notification, all students and parents of students who will be participating in school-sponsored athletic activities will be provided information regarding:

- A. The risk of concussion and other head injuries and the dangers associated with continuing to participate when a concussion or other head injury is suspected;
- B. The signs and symptoms of concussion and other head injuries; and
- C. The district's policy for 1) removal from the activity when a student is suspected of having sustained a concussion or other head injury, 2) evaluation, and 3) return to participation in the activity ("return to play").

The student and his/her parent(s) must sign a statement acknowledging that they have received and read this information before the student will be allowed to participate in any school-sponsored athletic activity.

The staff shall act in accordance with this policy when the staff recognizes that a student may be exhibiting signs, symptoms and behaviors associated with a concussion or other head injury.

Any student suspected of having sustained a head injury with symptoms of concussion during the school day or during a school-sponsored sport or activity, must be removed from the sport or activity immediately. The student and his/her parent(s) will be informed of the need for an evaluation for brain injury before the student will be allowed to return to the sport or activity.

No student will be permitted to return to the sport or activity or to participate in any other school-sponsored sport or activity on the day of the suspected concussion.

If the injured student is on an athletic team at the high school, the student must take a post ImPact test and have the results examined by a health care provider with training in the identification and management of concussive and other head injuries. If the injured student is not at the high school, the student will take the appropriate test as determined by the concussion management team and also have the results examined. The health care provider will then make recommendations regarding recuperation and, if necessary, the gradual return to participation, and shall furnish this information to the district. No student will be permitted to return to full participation until cleared by this health care provider.

If at any time during the return to full participation signs or symptoms of a concussion are observed, the student must be removed from the activity for re-evaluation.

COGNITIVE CONSIDERATIONS

School personnel shall be notified of cognitive and academic issues that may be experienced by a student who has suffered a concussion or other head injury, including but not limited to:

- Difficulty with concentration, organization, long-and-short term memory and
- Sensitivity to bright lights and sounds.

School personnel shall accommodate a gradual return to full participation in all academic activities as appropriate, based on the recommendation of the student's concussion-trained health care provider and appropriate designated school personnel.

CONCUSSION MANAGEMENT TEAM

The Superintendent shall appoint a concussion management team including a school administrator to be responsible, under the administrative supervision of the Superintendent, to make recommendations related to implementation of this policy. The concussion management team shall include an Athletic Director, a school nurse, and may include one or more principals or assistant principals, the school physician and such other school personnel or consultants as the Superintendent deems appropriate.

Adopted: November 14, 2012

Revised: August 14, 2013