

Greenwood School District 50/PlaySafe Concussion Policy

THIS CONCUSSION POLICY MUST BE SIGNED AND RETURNED TO THE HEAD ATHLETIC TRAINER PER BILL H.3061 – CONCUSSION LAW FOR STUDENTS (EFFECTIVE 6/7/13)

Greenwood School District 50 and PlaySafe are committed to the prevention, identification, evaluation and management of concussions. Per recent concussion recommendations and law, our Staff has developed a plan so any student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an appropriate healthcare professional with experience in the evaluation and management of concussions. Those student-athletes diagnosed with a concussion shall not return to activity for the remainder of that day. Medical clearance shall be determined by the certified athletic trainer according to the concussion management plan.

What is a Concussion?

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can also result from hitting a hard surface such as the ground, ice or floor, from players colliding with each other or being hit by a piece of equipment such as a bat or ball. If a second blow is received without the brain healing completely (Second Impact Syndrome), an athlete risks becoming severely impaired or even death.

Signs and Symptoms

Observed by Coaching staff

Appears dazed or stunned
Confused about assignment or position
Forgets plays
Unsure of game, score or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Show behavior or personality changes
Can't recall events before hit or fall
Can't recall events after hit or fall

Reported by student athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems
Confusion
Does not “feel right”

Education and Acknowledgement

Before being allowed to participate in any sport, all District 50 student-athletes and their parents/guardians must read this document, the Know Your Concussion ABCs: Fact Sheet for Parents, and sign the concussion awareness statement, acknowledging that they have read and understand the information and their responsibility to report their injury and illnesses to the staff certified athletic trainer, including signs and symptoms of a concussion.

The certified athletic trainer will also come and talk with the teams about concussions and answer any questions before the season starts.

The coaches will be required to comply with the concussion policy that is in place, as well as complete the NFHS Concussion Course in accordance with SCHSL rules.

Concussion Management Plan

Any student-athlete experiencing symptoms should report to the certified athletic trainer as soon as possible. Any athlete exhibiting signs, symptoms, or behaviors consistent with a concussion shall be removed from athletic activities by the certified athletic trainer (or coach in the absence of the certified athletic trainer) and evaluated by a medical staff member as soon as possible.

The South Carolina High School League has determined the following healthcare professionals to be the appropriate healthcare professionals:

- Certified Athletic Trainer (ATC and/or SCAT)
- Doctor of Medicine (MD)
- Doctor of Osteopathic Medicine (DO)
- Nurse Practitioner
- Physician's Assistant (PA)

Revised April 2018

Anyone not fitting one of the above descriptions is not qualified to determine the status of the concussed student-athlete.

No student-athlete will return to play the same day they sustain a concussion or present with ANY concussion symptoms, until cleared by an appropriate healthcare professional.

When a student-athlete sustains a concussion, his/her parent/guardian will be contacted as soon as possible and both parent/guardian and student-athlete will be further educated in concussion management. The "Athlete Information" portion of the SCAT 2 will be provided to the parent/guardian and student-athlete.

When a student-athlete sustains a concussion, they will be required to complete a SCAT 2 with an appropriate healthcare professional. PlaySafe protocol states that the student-athlete will be assessed at the time of injury or as soon as possible after the injury, by an appropriate healthcare professional. The student-athlete will not do the SCAT 2 until at least 24 hours postincident, so that signs and symptoms are not exacerbated.

After the first evaluation and SCAT2, the student-athlete will be required to report to the certified athletic trainer daily to do a symptom check.

When a student-athlete sustains a concussion, the following people will be notified and will receive instructions on how to take care of that student-athlete:

- Parents/guardians
- Head Coach
- Student-Athlete's Teachers and Guidance Counselor (may have trouble in class)

Graduated Return to Play Protocol for the Concussed Athlete

The student-athlete will begin the graduated return to play protocol when asymptomatic (no symptoms present) AND after being cleared by an appropriate healthcare professional. The graduated return to play protocol will be conducted and supervised by the certified athletic trainer.

- Day One: Light exercise
- Day Two: Intense exercise with sport specific drills
- Day Three: Non-contact drills at practice
- Day Four: Full contact practice
- Day Five: Full return to play

If the student-athlete becomes symptomatic during any stage of the return to play protocol, they will return to day one of the return to play protocol if asymptomatic at least 24 hours after, until completely asymptomatic.

Important injury information – all doctor visits that result in the athlete being removed temporarily from activity MUST BE IN WRITING from the doctor's office. In order for the athlete to return to activity A WRITTEN NOTE THAT INCLUDES A RETURN DATE OR TIME OUT RECOMMENDED from the doctor's office must be presented to the certified athletic trainer. In short, if the doctor says the athlete cannot play, then the doctor must give the approval to return to action. Once cleared by the doctor, then the certified athletic trainer will determine final return to play.

Greenwood School District 50/PlaySafe Concussion Awareness Statement

I have read and understand the information provided to me about concussions. I understand that a concussion is a traumatic brain injury and there are consequences, including possible death. By signing this statement, I understand that it is my responsibility to report any symptoms I may be having as soon as possible to the staff certified athletic trainer or my coach, in the absence of the staff certified athletic trainer.

Parent/Guardian Signature

Date

Student Signature

Date

Revised April 2018