

<b>Hampton School District Policy</b>	<b>Section:</b>	<b>J</b>
	<b>Code:</b>	<b>JLCJ</b>
	<b>Title:</b>	<b>Concussions and Head Injuries</b>
	<b>Category:</b>	<b>Recommended</b>
	<b>Page:</b>	<b>1 of 2</b>

## **CONCUSSIONS AND HEAD INJURIES**

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.

A concussion is a type of traumatic brain injury (TBI) that causes a disturbance in the normal brain function following a direct or indirect sudden blow to the head or sudden shaking of the head. During the recovery phase, the student may have an array of physical, mental and emotional symptoms. Recognition of a concussion and immediate assessment is critical in preventing further injury.

The Hampton School District will exercise extreme caution with all students/staff who have suffered a TBI. Involved parties including, but not limited to, student, parents/guardians, coaches, nurse, teachers and primary care physician, contribute to the recovery of the injured individual.

Any known TBI will require the individual to present upon return to school, written medical orders outlining care, accommodations, restrictions, if any, and authorization to return to play. However, the school will reserve the right to limit or eliminate return to play.

### **RESPONSIBILITIES AND REQUIREMENTS**

#### Staff:

- Disseminate current TBI information annually
- Provide internet access to the concussion training link annually.
- Recognize symptoms of a TBI.
- Notify parents if a TBI is suspected.
- Adhere to the requirements and protocols in the Coaches Handbook.
- Keep players with a suspected TBI off the playing field until medical orders are received.
- Develop and follow the student's Individualized Health Care Plan (IHP).

#### Parent/Guardian:

- Coordinate TBI management plan with healthcare providers and forward information to school personnel.
- Notify school nurse if medication has been given prior to school attendance to ensure compliance with recommended dosages and times.
- Undergo recommended baseline IMPACT testing offered in 7<sup>th</sup> grade with parent/guardian approval.

<b>Adopted:</b>	<b>DATE:</b> May 8, 2012, Nov. 9, 2016
<b>Reviewed:</b>	January 9, 2012
<b>Revised:</b>	March 2014, Sept 2016
<b>Cancellation:</b>	

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	<b>Page:</b> 2 of 2

**CONCUSSIONS AND HEAD INJURIES**  
(continued)

- Sign and adhere to athletic contract, if applicable.
- Communicate openly and honestly with coaches, school staff, and parent/guardian, relative to the results of traumatic brain injuries sustained.

Return to Play Plan

1. No physical activity.
2. Low levels of physical activity (i.e., symptoms do not come back after the activity). This includes walking, light jogging, light stationary biking, light weightlifting (lower weight, higher reps, no bench, no squat).
3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).
4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
5. Full contact in controlled practice.
6. Full contact in game play.

**Additional Resources:**

cdc.gov/concussion  
cdc-HEADS UP

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