

SOUTHERN LEHIGH SCHOOL DISTRICT

SECTION: PROGRAMS

TITLE: MANAGEMENT OF ATHLETES
WITH CONCUSSIONS AND
RETURN TO PLAY

ADOPTED: January 23, 2012

REVISED:

	<p style="text-align: center;">123.1. MANAGEMENT OF ATHLETES WITH CONCUSSIONS AND RETURN TO PLAY</p> <p>1. Purpose The safety of student athletes is of primary importance for administrators and coaches within the Southern Lehigh School District as it relates to interscholastic sports programs. However, as may occur from time to time, a student athlete may be injured during practice or play at which point decisions must be made to ensure the health and well-being of the afflicted player. The main purpose of this policy is to ensure that all athletes with concussions are managed properly so as to avoid more serious injury.</p> <p>2. Authority Amended Pennsylvania Senate Bill 200 signed by the Governor on November 9, 2011 establishes provisions specifically related to concussions and traumatic brain injuries of student athletes.</p> <p>3. Definition Concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:</p> <ol style="list-style-type: none"> 1. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. 2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that usually resolves spontaneously. 3. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury. 4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that, in a small percentage of cases, post-concussive symptoms may be prolonged. 5. No abnormality on standard structural neuroimaging studies are seen in concussion. <p>Athletic activity refers to all of the following:</p> <ol style="list-style-type: none"> 1. Interscholastic athletics. 2. An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with a school entity, including cheerleading, club-
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<p>4. Guidelines</p>	<p>sponsored sports activities and sports activities sponsored by school-affiliated organizations.</p> <ol style="list-style-type: none">3. Noncompetitive cheerleading that is sponsored by or associated with a school entity.4. Practices, interschool practices, and scrimmages for all of the activities listed under numbers 1, 2, and 3 above. <p>Appropriate medical professional is defined as:</p> <ol style="list-style-type: none">1. A licensed physician who is trained in the evaluation and management of concussions or a licensed or certified health care professional trained in the evaluation and management of concussions and designated by such licensed physician.2. A licensed psychologist neuropsychologically trained in the evaluation and management of concussions or who has postdoctoral training in neuropsychology and specific training in the evaluation and management of concussions. <p>Any student participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation by the student, sign and return to the coach of such activity an acknowledgment of receipt and review of a concussion and traumatic brain information sheet developed by Department of Health and the Department of Education as posted on their Internet websites as required by law.</p> <p>Removal from play: Any student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, licensed physical therapist or other official designated by the District, exhibits signs or symptoms of a concussion or traumatic brain injury while participating in an athletic activity shall be removed by the coach from participation at that time.</p> <p>Any athlete who is removed by his/her coach from an athletic activity shall be referred to an appropriate medical professional to be evaluated. If an appropriate medical professional is unavailable, the student shall be released to a parent and advised to seek medical attention. If neither is available, the athlete shall be dealt with as in any other medical emergency with police and EMT contacted and the student transported to a medical facility for evaluation and treatment. The removal may occur at any point during the event, practice, game or scrimmage as deemed appropriate by the coach for the safety of the athlete. The student need not have verbally reported the injury to the coach. The coach must report to the athletic director and the appropriate building principal the name of the injured student, date and time of the injury, a description of the injury and the actions that were taken.</p> <p>Return to play: No athlete with a suspected or confirmed concussion shall return to play and participate in an athletic activity until seen and cleared in writing by an</p>
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appropriate medical professional. Telephone consultation is not appropriate for determination of return to play. Coaches or other District personnel shall not make decisions regarding these matters.

After medical clearance, return to play should follow a step-wise protocol as outlined by the Administrative Regulation for Management of Athletes with Concussions.

Athletes who are not fully recovered from a concussion are significantly more vulnerable to a potentially catastrophic medical event if they sustain another concussion. Because of this and the pressure that may be imposed internally by the athlete or by others to return to play, it is required that an appropriate medical professional clear the student athlete for returning to play.

Required annual training course. Once each school year, all coaches shall complete the concussion management certification training course offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations or another provider approved by the Department of Health. A coach shall not coach an athletic activity until the coach completes the training course required under this subsection. All coaches and volunteer coaches may also be required to attend District approved concussion training on an annual basis.

Violations of Policy and penalties: Any coach found in violation of the “Removal from play” or “Return to play” provisions of this Policy shall be subject to the following penalties: (1) for a first violation, suspension from coaching any athletic activity for the remainder of the season; (2) for a second violation, suspension from coaching any athletic activity for the remainder of the season and for the next season; and (3) for a third violation, permanent suspension from coaching any athletic activity.