

This district is concerned about the health, safety, and well-being of students, including those who participate in extracurricular activities, contact sports for both girls and boys such as, but not limited to, football, wrestling, cheerleading, basketball and baseball/softball. In an effort to maintain the health and safety of students, the following guidelines from the Idaho High School Activities Association will be strictly followed:

### **Action Plan**

Coaches, trainers, and other adults associated with a school athletic team will receive appropriate training regarding injuries to student athletes, including concussions.

If a player is suspected of having a concussion, the following steps should be taken:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion. (Fact sheet available from CDC at [www.cdc.gov/concussion](http://www.cdc.gov/concussion))
4. Allow the athlete to return to play only with the **written** permission from an appropriate health care professional and the **written** consent of a parent and/or guardian.

### **Signs and Symptoms**

#### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

#### Symptoms Reported by Athlete

- Headache
- Nausea
- Balance problems or dizziness
- Double vision or fuzzy vision
- Sensitivity to light or noise

- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

Additionally, students with a concussion should NOT return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it is OK to return to play. This means, until permitted, not returning to

- Physical education class
- Sports practices or games, or
- Physical activity at recess.

The District recommends following the **6-Step Concussion Management Implementation Guide: Gradual Return to Play Protocol:**

- STEP 1**      **NO ACTIVITY.** Complete physical and cognitive rest.
- STEP 2**      **Light aerobic exercise:** Walking, swimming, stationary cycling; Keep intensity, 70% of maximum heart rate. No resistance training.
- STEP 3**      **Sport-Specific Exercise:** Running; Sport drills; No head impact activities.
- STEP 4**      **Non-Contact Training Drills:** Progression to more complex training drills; May start progressive resistance training.
- STEP 5**      **Full-Contact Practice:** Participate in normal training activity.
- STEP 6**      **Return to Play:** Normal game play; No restrictions.

**Each step should be separated by 24 hours.  
Do not advance to the next step if symptoms reappear.**



**LEGAL REFERENCE:**

Idaho Code Section 33-1625  
IHSAA Guidelines  
[www.cdc.gov/concussions](http://www.cdc.gov/concussions)

**ADOPTED: 1<sup>st</sup> Reading April 22, 2015**

**AMENDED:**