

4190 CONCUSSIONS AND TRAUMATIC HEAD INJURIES *New Policy

I. PURPOSE AND PHILOSOPHY

Weber School District recognizes the importance of providing education about concussions and head injuries to school personnel, volunteers, parents, and students. The District seeks to provide a safe return to activity for all students following any injury, particularly after a concussion or other traumatic head injury. Procedures have been developed to ensure that students who are suspected of having a concussion or traumatic head injury are identified, treated, referred appropriately, receive proper follow-up medical care, and are fully recovered prior to returning to activities.

II. PROCEDURE

This policy was created to direct school personnel, volunteers, parents, and students on proper procedures for head injuries including, but not limited to identifying a suspected head injury, treatment, referral to care, and recovery.

III. DEFINITIONS

A. "Agent" means a coach, athletic trainer, teacher, employee, representative, or volunteer.

B. "Free Play" means unstructured student play, games, and field days during school hours.

C. "Healthcare Professional" means an individual who is licensed or who holds the individual out to be licensed, or who otherwise provides professional physical or mental health services, diagnosis, treatment, or counseling, including an athletic trainer, physician, osteopathic physician, physician assistant, nurse, dentist, physical therapist, chiropractor, mental health therapist, social service worker, clinical social worker, certified social worker, marriage and family therapist, professional counselor, psychiatrist, psychologist, psychiatric mental health nurse specialist, or substance abuse counselor.

D. "Healthcare Provider" means a physician, physician assistant, or advanced practice registered nurse, who may evaluate and manage a concussion within the healthcare provider's scope of practice

E. "Physical Education Class" means a structured school class that includes an adult supervisor.

F. "School Personnel" means a school district or charter school employee, including a licensed, part-time, contract, or unlicensed employee.

G. "Sporting Event" is defined to include games, classes, tryouts, and activities that take place during the regular school day, as well as extracurricular athletic activities

sponsored by the school at the secondary level. Games, classes, and activities in elementary school will be treated as Non-Sporting Events.

H. "Head injury" means any injury to the head not described in Subsection 26-53-102(6) including a mild bump

I. "Traumatic Head Injury" is an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self-reported conditions attributable to the injury:

1. Transient confusion, disorientation, or impaired consciousness;
2. Dysfunction memory;
3. Loss of consciousness; or
4. Signs of other neurological or neuropsychological dysfunction, including:
 - a. Seizures;
 - b. Irritability;
 - c. Lethargy;
 - d. Vomiting;
 - e. Headache;
 - f. Dizziness; or
 - g. Fatigue.

III. IDENTIFYING A CONCUSSION AND HEAD INJURY

A. A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. A mild jolt or blow to the head or body can result in a concussion. A concussion can occur even if a player or student in an activity is not knocked out or does not lose consciousness.

B. Common signs and symptoms of a concussion:

1. Student appears dazed or stunned
2. Confusion (e.g. forgets plays, unsure about game, score, opponent, etc.)
3. Altered Coordination (e.g. clumsy, issues with balance, etc.)
4. Personality Change

5. Responds slowly to questions (e.g. delayed, slurred, incomprehensible speech, etc.)
6. Struggles with Short Term Memory (e.g. forgets events prior to hit or after hit)
7. Loss of Consciousness (any duration)

C. Symptoms reported by student:

1. Headache
2. Nausea or vomiting
3. Fatigue
4. Double vision, blurry vision
5. Sensitive to light or noise
6. Feels sluggish
7. Experiencing brain fog
8. Problems concentrating
9. Memory Loss

IV. MANAGEMENT AND REFERRAL GUIDELINES FOR SPORTING EVENTS

- A. Signs and symptoms described in Section III following a witnessed or suspected blow to the head or body are indicative of a probable concussion.
- B. Any student who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the physical education class or sporting event, and parents will be notified immediately. A designated school employee will utilize the [Concussion Signs and Symptoms Checklist](#) to assess for signs of a concussion.
- C. A student removed from physical education classes or sporting event shall not return until cleared by a healthcare provider.
- D. If a student loses consciousness following a witnessed or suspected blow to the head or body or whose condition is worsening, for any duration and cannot be contacted or refuse to come to the school, the District will call EMS (Emergency Medical Services) for an evaluation.
- E. The District will call EMS anytime a student exhibits any of the following symptoms.
 1. Deterioration of neurological function;

2. Decreasing level of consciousness;
 3. Decrease or irregularity in respirations;
 4. Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding;
 5. Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation; and/or
 6. Seizure activity.
- F. Whether the student is transported immediately to the nearest emergency department, via emergency vehicle, will be left to the parent's discretion after parents have been notified.
- G. A student who is symptomatic but stable may be transported by their parents/legal guardians. The parents/legal guardians should be advised to contact the student's primary care provider or seek medical attention at the nearest emergency department, on the day of the injury.
- V. SCHOOL PERSONNEL AND VOLUNTEER GUIDELINES/ PROCEDURE:
RECOGNIZE, REMOVE, REFER.
- A. Recognize a Concussion
1. All School Personnel shall become familiar with the signs and symptoms of concussion that are listed in this policy.
 2. School Personnel shall have appropriate training about recognizing and responding to traumatic head injuries, consistent with the employees' responsibilities for supervising students and athletes. Such Agents shall be given training on concussions and head injuries as provided or directed by the District.
 3. It is recommended that parents/legal guardians of high school athletes familiarize themselves with symptoms of a suspected concussion and protocols to help students return to normal activity. Parents/legal guardians may enroll in a free Concussion in Sports Course, which is available through The National Federation of State High School Associations Website:
<https://nfhslearn.com/courses/concussion-in-sports-2>
- B. Removal from Activity (Physical Education Class, and/or Sporting Event)
1. Any student suspected of suffering a concussion or Traumatic Head Injury during any of the above-listed activities shall be immediately removed from the activity and shall not return to play until cleared by an appropriate Health Care Provider.
- C. Refer the Student for Medical Evaluation

1. The Agent is responsible for notifying the student's parents/legal guardians of the injury.
 2. Contact the parents/legal guardians to inform them of the injury. Depending on the injury, either an emergency vehicle will transport or parents/legal guardians will pick the student up at the event for transport.
- D. In the event that a student's parent/legal guardian cannot be reached, and the student's condition is stable enough to be sent home (rather than directly to a Health Care Provider):
1. The Agent should ensure that the student will be with a responsible individual, who is capable of monitoring the student and understanding the home care instructions, before allowing the student to go home.
 2. The Agent should continue efforts to reach a parent/legal guardian.
 3. If there is any question about the status of the student, or if the student cannot be monitored appropriately, the student should be referred to an emergency department for evaluation.
 4. The Agent shall provide for supervision of other students for whom they are responsible when accompanying the injured student.
 5. Students with suspected head injuries shall not be permitted to drive home.
- E. It is recommended that Agents should seek assistance from the host site Certified Athletic Trainer (ATC) or team physician, if available.

VI. Return to Play Procedures After Concussion

- A. Returning to activity and play is a medical decision. The student must
1. have written clearance from the student's Health Care Provider or concussion specialist. The written clearance must include that:
 - i. the Health Care Provider has, within three (3) years before the day on which the written clearance is made, successfully completed a continuing education course in the evaluation and management of a concussion; and
 - ii. the student is cleared to resume participation in the activity.
 2. Once the above criteria are met, the student will progress back to full activity following the recommendations provided by the healthcare provider.
- B. Progression is individualized and will be determined on a case-by-case basis. Factors that may affect the rate of progression include previous history of concussion, duration, and type of symptoms, age of the student, and sport/activity in which the student participates. An athlete/student with a prior history of concussion,

one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly.

- C. It is expected that a student-athlete has successfully and completely reintegrated back to school prior to returning to practice or competitive play.

VII. STUDENT PARTICIPATING IN NON-SPORTING EVENTS

- A. School personnel shall notify a parent if they become aware a student is reported to have experienced a head injury during school hours or a school-sanctioned activity, including during free play.
 - 1. School Personnel will notify parents of any head bump by sending home the [Head Injury Notification Form](#).
 - 2. For head injuries involving symptoms of concussions, the parent/guardian will be immediately notified by phone. Notification will be documented in WSD's student information system.
- B. Depending on the type or severity of the injury, return to play procedures for recess, field days, elementary physical education, or other non-sporting event student activities in elementary and secondary schools may be simplified as appropriate.
- C. In consultation with a physician, school nurse, or other health care professional, parents or legal guardians may provide clearance for students to participate in non-Sporting Event activities in both elementary and secondary schools and in elementary physical education.

VIII. ANNUAL NOTIFICATION AND ACKNOWLEDGEMENT

- A. Each school year and prior to a student's participation in a Sporting Event, a parent/legal guardian shall sign and return to the school the Weber School District Protection of Athletes with Head Injuries form.

IX. DISSEMINATION OF POLICY

- B. This policy shall be posted on the District's website. This policy, or a summary thereof, may also be published in parent information guides, student handbooks, student registration materials, and/or other appropriate school publications as directed by the District.