

Concussion Policy

453.11

Policy

1. The School District of Manawa is committed to ensuring the safety of students while at school and when participating in any school-sponsored events. The Manawa School District recognizes that educating key individuals about prevention and early recognition of concussions remains the most important component of improving the care of students with concussions. Concussion education includes students, student-athletes, parents, coaches, school administrators, athletic directors, teachers, athletic trainers, physicians and other health care providers.
2. The Manawa School District is aware that head injuries, including concussions, can happen to any student, not just an athlete. The Manawa School District has developed procedures to address head injuries that occur during the school day, during school sponsored events and during school athletic events. Additionally, the Manawa School District is committed to providing a "return to learn" and "return to play" plan, as needed, to students who have experienced a concussion.

Procedure

Education:

1. Once each year a coach will complete concussion management training offered by the School District of Manawa. The coach should not coach an athletic activity until the required course is completed
2. At the beginning of a season for a youth athletic activity, each person who will be coaching shall receive a head injury information sheet. Each person coaching must sign and return to the school an acknowledgement of their receipt and review of the concussion and traumatic brain injury information.
3. At the beginning of a season for a youth athletic activity, a student desiring to participate and the student's parent or guardian must sign and return to the school an acknowledgement of their receipt and review of concussion and traumatic brain injury information. A student will not be allowed to participate in any athletic event, including practice or training, until the student and his/her parent has signed and returned the agreement form.
4. Once each school year school staff shall be provided education on concussions including; information on how concussions can affect ability to learn, examples of concussion symptom triggers, possible variability of triggers from one child to the next and possible effect on attendance, focus, tests and assignments.
5. School staff will also be educated on the sign and symptoms to be aware of:
 - Increased problems paying attention or concentrating
 - Increased problems remembering or learning new information
 - Longer time needed to complete tasks or assignments
 - Difficulty organizing tasks
 - Inappropriate or impulsive behavior during class
 - Greater irritability
 - Less ability to cope with stress or are more emotional
 - Complaint of headaches, especially with screen time

Management of Head Injury Occurring During the School Day and School

Sponsored Event:

1. During the school day the child shall be sent to health office. If injury is severe and occurs during the school day, health aide or school nurse shall be called to scene.
2. Health aide or adult responsible for school event to follow first aid chart on head injury for decision-making guidelines. If School Nurse is available, he/she shall do an assessment and determine best clinical course.
3. The child's parent should be notified of injury immediately after evaluation.
4. Head injury sheet shall be sent home with the student if emergency intervention is determined as not needed.

5. The school personnel who witnessed event and/or provided emergency nursing services shall complete all required documentation and reporting. Appropriate school officials will also be notified including building administrator, athletic trainer and school nurse.

Management of Head Injury Occurring During a School-Sponsored Sporting Event:

1. In order to minimize the risk of injury, an athletic coach, athletic trainer, official involved in youth athletic activity or health care provider shall remove a person from the youth athletic activity if the coach, official or health care provider determines that the youth exhibits signs symptoms or behavior consistent with a head injury or concussion **OR** if the coach, official or health care provider suspects the person has sustained a concussion or head injury. Decision making and first-aid treatment on how to proceed shall be made based on the head injury section on the first-aid card.
2. An athletic coach will notify the parent or guardian as soon as able when an athlete is removed from play because he/she is thought to have a head injury or concussion.
3. A child thought to have a head injury or concussion must not be allowed into the locker room alone. A child thought to have a head injury must not be allowed to drive home. Team personnel will not permit an athlete to return to play or practice on the same day of a concussion.
4. The athletic coach or school staff providing emergency nursing services shall complete all required documentation and reporting. Appropriate school officials shall be notified including the building administrator, athletic trainer, school nurse and school counselor.
5. Team personnel will not permit the athlete to return to play or practice until evaluated by an appropriate health care professional, trained in the evaluation and management of concussions.
6. The student athlete must receive written clearance from an appropriate health care professional, trained in the evaluation and management of concussions, that states the athlete is asymptomatic at rest and may begin a graduated return-to-play protocol, one step per 24 hours.
Example:
 - Step one: About 15 minutes of light exercise: stationary bike or jogging
 - Step two: More strenuous running and sprinting in the gym or field
 - Step three: Begin no-contact drills in uniform and resume weightlifting
 - Step four: Full practice with contact
 - Step Five: Full game clearance
7. A return of symptoms indicates inadequate recovery from the concussion. If symptoms return while on the protocol, the athlete may attempt the previous step once symptom-free again for 24 hours. Any athlete who continues to have symptoms with exertion should be reevaluated by his/her health care provider.

Return to Learn

1. The Manawa School District will work with individual students who require temporary learning support accommodations due to concussions or other head injuries. The Manawa School District realizes that removal from the significant demands of school until symptoms improve is an important component of cognitive rest.
2. Accommodations may include:
 - temporary leave from school
 - shortening of school day
 - reduction of workload
 - allowance of more time for assignments or tests
 - postponement of standardized tests
 - modification or exclusion from physical education classes
 - allowing cognitive rest between classes or tasks
 - temporary tutor
 - limited or no screen time
3. For students who have symptoms that are persistent (greater than 6 weeks) or that substantially interfere with learning, the Manawa School District will develop an accommodation or health care plan.
4. A student must have written clearance from his/her treating medical doctor before returning fully to participate in class, recess or physical education.