



**Building Knowledge and Character**

## **Head Injury Policy**

### ***Purpose and Philosophy***

Good Foundations Academy (GFA) has established this policy to provide education about concussion for coaches, school personnel, parents, and students. The protocol outlines procedures for staff to follow in managing concussions, and outlines school policy as it pertains to return to play issues following a concussion.

GFA seeks to provide a safe return to activity for all students following any injury, but particularly after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid insuring that concussed students are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day and are fully recovered prior to returning to activity. All appropriate staff shall attend a yearly in-service meeting in which procedures for managing sporting-event related concussions are discussed.

### ***Terms***

"**Sporting event**" means "a game, practice, sports camp, physical education class, competition or tryout." It does not include a lift ticket or a pass issued by a ski resort unless the specific activity is organized, managed, or sponsored by the ski resort.

### ***Recognition of Concussion***

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. What may appear to be only 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 loses consciousness. (NFHS "Suggested Guidelines for Management of Concussion in Sports.")

### **Signs (observed by others):**

- Student appears dazed or stunned
- Confusion
- Moves clumsily (altered coordination)
- Balance problems
- Personality change
- Responds slowly to questions
- Forgets events prior to hit
- Forgets events after the hit
- Loss of consciousness (any duration)



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### **Symptoms (reported by student):**

- Headache
- Fatigue
- Nausea or vomiting
- Double vision, blurry vision
- Sensitive to light or noise
- Feels sluggish
- Feels “foggy”
- Problems concentrating
- Problems remembering

### ***Procedures***

#### **Recognize a Concussion**

1. All parents shall be required to sign the Acknowledgement of Head Injury Policy Review form.
2. All educators and agents of Good Foundations Academy should become familiar with the signs and symptoms of concussion that are described above.
3. Educators and agents of GFA shall have appropriate training about recognizing and responding to traumatic head injuries, consistent with the employee’s responsibilities for supervising students.

#### **Remove from Activity**

Any student who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the sporting event or activity and shall not return to play until cleared by an appropriate health care professional.

**When in doubt, sit ‘em out.**

#### **Refer for Medical Evaluation**

Refer the student for medical evaluation

1. GFA is responsible for notifying the student’s parent(s) of the injury.
  - a. Contact the parent(s) to inform a parent of the injury. Depending on the injury, either an emergency vehicle will transport or parent(s) will pick the student up for transport.
  - b. A medical evaluation is required before returning to play.
2. In the event that a student’s parent(s) cannot be reached, and the student is able to be sent home (rather than directly to MD):
  - a. GFA should insure 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.
  - b. GFA should continue efforts to reach parent.



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- c. 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.

### **Management and Referral Guidelines for All Staff**

- Any student with a witnessed loss of consciousness (LOC) of any duration should be spine boarded and transported immediately to nearest emergency department via emergency vehicle.
- Any student who has symptoms of a concussion, and who is not stable (i.e., condition is worsening), is to be transported immediately to the nearest emergency department via emergency vehicle.
- A student who exhibits any of the following symptoms should be transported immediately to the nearest emergency department, via emergency vehicle.
  - Deterioration of neurological function
  - Decreasing level of consciousness
  - Decrease or irregularity in respirations
  - Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding
  - Mental status changes: lethargy, difficulty maintaining arousal, confusion or agitation
  - Seizure activity
- A student who is symptomatic but stable, may be transported by his or her parents. The parents should be advised to contact the student's primary care provider, or seek care at the nearest emergency department, on the day of the injury.

### **Return to Play**

Return to play is a medical decision. The student must have written clearance from a medical professional to return to activity.