



Policy Type: Required

Policy Title: Head Injury and Concussion

Effective: September 5, 2021

In compliance with Utah State Board of Education Rule R277-614, Lakeview Academy has established this *Head Injury and Concussion Policy* to provide education about concussions for coaches, school personnel, parents, and students. This policy outlines procedures for staff to follow in managing concussions and school policy related to 'return to learn' and 'return to play' issues following a concussion.

Lakeview Academy 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 in ensuring that concussed students are identified, treated and referred appropriately and that they receive appropriate follow up medical care during the school day and are fully recovered prior to returning to activity. Any student who sustains an injury to the head should be evaluated by staff and documented.

School administration, physical education specialists and applicable school committees must review this protocol annually. Any changes or modifications to this policy will be reviewed with and given to athletic department staff, including coaches, and other appropriate school personnel in writing.

All appropriate staff must attend a yearly in-service meeting in which procedures for managing sporting event-related concussions are discussed.

Recognition of Concussion

A concussion is a type of traumatic brain injury that interferes with the 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 is not knocked out or loses consciousness. (NFHS, "Suggested Guidelines for Management of Concussion in Sports.") Definition of head injury expanded to include "Head bump"

Common signs of a concussion that can be observed by others, are that a student:

1. Appears dazed or stunned
2. Is confused
3. Forgets plays
4. Is unsure of date, time, and place
5. Moves clumsily (has altered coordination)
6. Has balance problems
7. Experiences a personality change

8. Responds slowly to questions
9. Forgets events prior to hit
10. Forgets events after the hit
11. Experiences a loss of consciousness of any duration

Common symptoms of a concussion that are reported by the student include:

1. Headache
2. Fatigue
3. Nausea or vomiting
4. Double vision; blurry vision
5. Sensitive to light or noise
6. Feeling sluggish
7. Feeling "foggy"
8. Problems concentrating

Any of these signs and symptoms following a witnessed or suspected blow to the head or body are indicative of probable concussion. Any student who exhibits these signs, symptoms, or behaviors consistent with a concussion shall/will be immediately removed from the contest, game, practice, or activity and shall/will not be permitted to return until cleared by an appropriate qualified health care professional. The ideal person to evaluate the student during the school day is the school nurse. If the school nurse is not present, the student should be evaluated by the school's first responder using the flowchart and notify the school nurse. Each student who experiences an injury to the head during free play should be monitored using the checklist for a minimum of 30 minutes, and parent or guardian MUST always be notified. A copy of the parent notification form and the checklist should be sent home every time a student has an injury to the head during school hours.

Parent notification of all head injuries is for those during school hours (free play) not for athletic events.

Management and Referral Guidelines for All Staff

The following situations indicate a medical emergency and require activation of the Emergency Medical System:

1. Any student with a witnessed loss of consciousness (LOC) of any duration should be spine boarded and transported immediately to the nearest emergency department via emergency vehicle.
2. 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.
3. A student who exhibits any of the following symptoms should be transported immediately to the nearest emergency department, via emergency vehicle:
 - a. Deterioration of neurological function
 - b. Decreasing level of consciousness
 - c. Decrease or irregularity in respirations
 - d. Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding
 - e. Mental status changes including lethargy, difficulty maintaining arousal, confusion or agitation.

f. Seizure activity

4. 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.

Guidelines and Procedures for Coaches and Teachers Supervising Contests and Games: RECOGNIZE • REMOVE • REFER

Recognize Concussion:

1. All educators and agents of Lakeview Academy should become familiar with the signs and symptoms of concussion that are described above.
2. Educators and agents of LVA Lakeview Academy shall/will have appropriate training about recognizing and responding to traumatic head injuries, consistent with the employees' responsibilities for supervising students and athletes.

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) as described above, shall/will be immediately removed from the sporting event and shall not return to play until cleared by an appropriate health care professional. **When in doubt, sit them out!**

Refer the Athlete/Student for Medical Evaluation:

1. The agent of Lakeview Academy is responsible for notifying the student's parent(s) of the injury and appropriate processes.
 - a. Contact the parent(s) to inform them of the injury. Depending on the injury, either an emergency vehicle will transport or parent(s) will pick the student up at the event for transport (see Management and Referral Guidelines Section II).
 - 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), the Lakeview Academy agent should do the following:

The LVA agent should be sure 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.

- a. The LVA agent should continue efforts to reach a parent.
 - b. 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. A Lakeview academy agent should accompany the student and remain with the student until a parent arrives.
 - c. The Lakeview Academy agent shall provide for supervision of other students for whom he or she is responsible when accompanying the injured student.
 - d. Students with suspected head injuries should not be permitted to drive home.
3. If the injury occurs at a formal athletic or away contest, 3. Lakeview Academy agents should seek assistance from the host site certified athletic trainer (ATC) or team physician, if available, at an away contest if the injury occurs at a formal athletic contest.

Return to Learn procedures After Concussion

1. Council with a team to gradually increase intensity of academic activity.
2. Monitor symptoms and academic progress
3. Adjust accordingly until academic performance has returned to pre-injury levels.

Return to Play (RTP) Procedures After Concussion

Returning to activity and play is a medical decision. The student must meet all of the following criteria in order to progress to activity:

1. Asymptomatic at rest and with exertion (including mental exertion in school). AND
2. Have written clearance from the student's primary care provider or concussion specialist (student must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).

Once the above criteria are met, the student will be progressed back to full activity following the step-wise process detailed below. An agent of Lakeview Academy must/ will closely supervise this progression. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).

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 was injured. 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.

Stepwise Process:

Step 1. Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to learn (as stated above)

Step 3. Light exercise. This step cannot begin until the student is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight lifting.

Step 4. Running in the gym or on the field. No helmet or other equipment.

Step 5. Non-contact training drills in full equipment. Weight training can begin.

Step 6. Full contact practice or training.

Step 7. Play in a game. A student must be cleared by a physician before returning to play.

The student should spend one to two days at each step before advancing to the next. If post-concussion symptoms occur at any step, student must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the student may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred. This resumption of activity could be considerably simplified for a student injured during recess compared to a student injured at a game or formal practice.

Potential Problem Areas

While current Utah law designates that a student may be returned to play by "an appropriate health care provider", Lakeview Academy, in its sole discretion, may limit the credentials from which it will accept clearance in its sole discretion. Generally, students will be required to provide a note from his/her health care provider before being allowed to return to play. This is a very important decision and will be made after careful consideration by the athletic director, principal, Director, teacher (elementary), and parent(s). The school's liability carrier may also be consulted.

Lakeview Academy will not allow students who are clearly having concussion symptoms to

return to play even if given clearance by a health care provider.

CERTIFICATION

The undersigned officers and/or directors of Lakeview Academy certify that this Head Injury and Concussion policy was duly adopted as of September 5, 2021 and replaces all previous Head Injury and Concussion policies.

Signature: _____

Print Name: _____

Title: _____

Signature: _____

Print Name: _____

Title: _____

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