

RAYMOND HIGH SCHOOL

"Home of the Rams"

Concussion Protocol

The School Board recognizes that concussions and head injuries are commonly injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges that the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. The Board recognizes that the majority of concussions will occur in "contact" or "collision" sports. However, in order to ensure the safety of all district student-athletes, this policy will apply to all competitive athletic activities as identified by the administration.

Consistent with the National Federation of State High School Association (NFHS) the New Hampshire Interscholastic Athletic Association (NHIAA), the District will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes and parents/guardians of the nature and risk of concussions or the District will distribute a head injury and concussion information sheet to all parents/guardians of student-athletes in competitive sport activities prior to the student-athlete's initial practice or competition.

All coaches, including volunteers, will complete training as recommended and/or provided by NHIAA, New Hampshire Department of Education and/or other pertinent organizations. Additionally, all coaches of competitive sport activities will comply with NHIAA recommended procedures for the management of head injuries and concussions. Please see RSD Policy JLCJ-Concussion and Head Injuries for additional Information.

Athletic Director or Administrator in Charge of Athletic Duties

Updating: Each spring, the athletic director or designees shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the NHIAA or the District's on-call physician, if applicable. If there are any updated procedures, they will be adopted and used for the upcoming school year.

All Sports: Identified sports include all NHIAA- sanctioned activities, including cheer/dance squads, and any other district-sponsored sports or activities as determined by the district.

ImPACT Testing: ImPACT Neurocognitive baseline tests will be completed every two years for all athletes by the high school. Exeter Hospital provides these baseline tests to Raymond High School free of charge. When compared to a baseline score or normative data, these tests can help determine if an injured student is back to their normal cognitive function. ImPACT testing should be used as a tool in the return to play decision following a head injury, but is not the sole determiner of clearance.

Athletic Trainer: The Raymond School District may only contract with certified and licensed athletic trainers. Evaluation and management of all concussions or head injuries sustained by

student-athletes. Athletic Trainer is to notify parents/guardians of student-athletes as well as Athletic Director and School Nurse.

School Nurse: The school nurse as a licensed healthcare provider will assist in the management of student-athlete concussions particularly during school hours and academically. Concussions must be reported to the school nurse and the school nurse will determine academic accommodations and provide treatment of symptoms during school hours.

Coach's Training: All coaches shall undergo training in head injury and concussion management by completing the NFHS Concussion Course (free of charge). This course is located on the NFHS website and must be taken prior to any coaching

Parent Information Sheet: On a yearly basis, a concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parents/guardians prior to the student-athlete's initial practice or competition. This information sheet may be incorporated into the parent permission sheet that allows students to participate in extracurricular athletics.

Coach's Responsibility: A student-athlete who is suspected of sustaining a concussion or head injury or other serious injury in a practice or game shall be immediately removed from play not to return on the same day. The athletic trainer and/or athletic director shall be notified as soon as possible after injury.

Administrative Responsibilities: The Superintendent or their designee will keep abreast of changes in standards regarding concussion, explore staff professional development programs relative to concussions, and will explore other areas of education, training and programs.

The NH Senate has adopted SB 402 effective August 17, 2012. This law is relative to the adoption of policies for the management of concussion and head injuries in student sports. The Raymond School District uses the definitions as outlined by the law:

- Healthcare provider means a person who is licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment and is trained in the evaluation and management of concussions
- School Property means school property as defined in RSA 193- D:1, V.
- Student athlete means a student in grades 9-12 involved in student sports
- Student sports means athletic programs for students in grades 9-12

Academic Issues in Concussed Students

When a student experiences a concussion, regardless of whether the injury was a result of a school related or non school related activity, the School District Staff shall be mindful that the concussion may affect the student's ability to learn and function. A graduated stepwise "return to learn" approach will be followed to ensure the student is able to maintain his/her/their academic responsibilities while recovering post concussion. Teachers will be notified of the concussion, and should report to the school nurse if the student appears to have difficulty with academic tasks related to the head injury sustained. The school nurse will notify the student's

parents, and the diagnosing physician when appropriate. Administrators and faculty will establish a course of action to support the students' learning challenges, and academic success while recovering from the concussion. Students requiring educational modifications may be ineligible for participation in athletic and extracurricular activities until normal school activities are resumed, and written physician clearance is provided.

Section 504 accommodations may be developed in accordance with applicable law and board policies.

Legal References: RSA 200:49, Head Injury Policies for Student Sports RSA 200:50, Removal of Student-Athlete RSA 205:51, School Districts; Limitation of Liability RSA 200:52, Definitions

Return to Play: The Raymond School District contracts with an outside organization, Exeter Hospital, for Athletic Training Services. A student athlete must be immediately removed from practice or a game if he/she is suspected of having sustained a concussion or head injury. The following individuals are authorized to render the decision to remove the student-athlete from play: coaches, officials, athletic trainer or designated healthcare provider.

Raymond School District used the following guidelines for the return to play of student-athletes. The Raymond School District utilizes the NHIAA Return to Play Protocol. Return to Play is a process and not an immediate return to game activity. In order to start the Return to Play process the following must occur:

- A student-athlete who has been removed from play shall not return to play on the same day unless cleared to return by Raymond High School athletic trainer.
- If head injury or concussion is suspected by the school athletic trainer or school nurse, the student-athlete must be evaluated by an outside healthcare provider and receive medical clearance and written authorization from that healthcare provider to return to play.
 - The clearance letter must state the injury diagnosis, date of injury, a return to activity statement and list any restrictions
- The student-athlete shall also present written permission and authorization to return to play from a parent or guardian. Student-athletes must also sign with understanding the written authorization form.
- The student-athlete must be cleared of all academic accommodations and have completed or be completing in a timely manner all academic work missed during injury
- The student-athlete must be asymptomatic for 24 hours and post-injury ImpACT testing must be returned to baseline or normative data
- ImpACT neurocognitive testing is currently known as best practices in order to ensure cognitive function has returned to normal after a head injury. Raymond High School highly encourages its use as a tool in clearing students with concussions.
- Raymond High School reserves the right to request a secondary outside medical opinion by a physician specializing in concussions prior to full clearance if suspected that typical best practices of concussion management as outlined in this document are not met.

- Once the above criteria are fulfilled and Raymond High School Athletic Trainer has agreed with clearance by physician the RTP protocol may be started

NHIAA Medical Clearance RTP Protocol:

1. No exertional activity until asymptomatic for 24-48 hours
2. Once all above criteria are met, athletes may begin with light aerobic activity (i.e. walking/light jogging) for 20-30 minutes as tolerated. If an athlete starts to have a rise in symptom intensity, frequency or additional symptoms they must stop immediately and rest of the remainder of the day to allow symptoms to reduce back to previous level. The athlete must notify coach and athletic trainer of change in symptoms..If symptoms arise and this step can not be completed the step may be repeated after 24 hours of being asymptomatic.
3. Moderated aerobic activity (i.e. jogging/running/biking) for 30-45 minutes. If any changes in symptoms occur, the athlete must stop activity immediately and can retry this step the following day.
4. Sport-specific non-contact activity at practice such as running, jumping and plyometric based exercises. All activity must be non-contact and minimal to no chance of head collision. Input from the athletic trainer and coach will deem what drills are acceptable for the student-athlete to participate in. Again if any symptoms arise the student-athlete must stop immediately and notify the AT and coach.
5. Full contact and exertion of maximal effort and intensity in all drills at practice. Full participation in all drills including sprinting drills and plyometrics. If the student-athlete has any symptoms then they must stop immediately and notify AT and coach.
6. Presuming the student-athlete has had no symptoms for an extended period of time and has completed all the previous steps as required they are cleared to return to full participation including games.