

Smithtown Central School District

Concussion Management Plan

Smithtown Central School District recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activity. Therefore, the District adopts the following guidelines to assist in the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in school sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by a Board of Education approved health care professional. The District will notify the student's parents or guardians and recommend appropriate monitoring. The student can not return to school or activity until released by an approved health care professional. The school's chief medical officer (CMO) will make the final decision on return to activity including physical education class and after-school sports.

CONCUSSION GUIDELINES AND PROCEDURES

Education

Concussion education is mandatory for all coaches, physical education teachers, school nurses and athletic trainers. The above will complete the approved CDC online workshop and submit the completion certificate on a biennial basis.

The education of parents will be accomplished through preseason meetings, and/or the District website. Parental notification of the information will be stated on the parent permission form signed by all parents prior to their child's participation in athletics. Education will include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI's, management of the injury, the protocol for return to school and return to activity or interscholastic athletics. The Concussion Management and Awareness Act information will be available on the District's website. The protocol will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

Concussion Management Team

The District will assemble a concussion management team (CMT). The CMT will consist of the Athletic Director, secondary school nurses, athletic trainers and an approved school physician.

Concussion Management Protocol

Return to play

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including:

a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possible increased risk for additional injury due to alteration in balance. These NYSPHAA current returns to play recommendations are based on the most recent international expert opinion. No student athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion or perceived concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free at rest for 24 hours and has a signed release by the treating clinician (CMO), she/he may begin the return to play progression created by the CMO (provided there are no other mitigating circumstances).

The school approved physician treating students with concussions should have specialized training in the ImPact program. The ImPact program is the preferred concussion management program which contains the most recent research necessary to treat concussions and provide an appropriate and safe progression to full time physical and cognitive activity.