



Book	Policy Manual
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Title	CONCUSSIONS AND HEAD INJURIES
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2431.03 - **CONCUSSIONS AND HEAD INJURIES**

It is the policy of the School Board that the Principal provide the materials developed by the Florida High School Athletic Association (FHSAA) to educate coaches, student athletes, and parents/guardians of student athletes about the nature and risks of concussions and head injuries, including continuing to play after a concussion or head injury, before any student athlete is allowed to participate in any interscholastic athlete activity or practice for any school-sanctioned athletic team. Student athletes and their parents shall be required to sign Form 2431.01 F1 before participating in any practice or interscholastic competition. Per the FHSAA rules and this policy, coaches and licensed trainers shall document completion of the online training program provided by the FHSAA annually.

All athletes in a high impact sport (football) must have a Pre-Season Baseline Neuro-Cognitive status assessment (ImPACT). This is a computer based assessment that must be given before any practice and/or organized activity may take place on school grounds. If an athlete is suspected of a concussion, every attempt should be made to contact the parent or legal guardian to inform them of the situation and the proper course of treatment and the appropriate literature to be provided to them.

Any coach, parent or guardian that suspects that an athlete has a concussion should report it to a physician or athletic trainer. In addition:

- A. suspected concussions during events or practice situations should be assessed by a physician or athletic trainer;
- B. any incident that requires athletes to be removed from practice or games, those that are symptomatic should be referred to the appropriate health care professional (physician).
If an athlete is removed from games or practices and referred to a physician, in addition to having physician clearance, athletes should meet all of the following criteria before returning:

1. asymptomatic at rest;
2. asymptomatic with activity;
3. normal values on a Neuro-cognitive exam.

The following guidelines should be used for an on-field examination to assist in determining if an athlete has a possible concussion:

- a. cognitive memory tests-memory, concentration and confusion;
- b. postural sway test;
- c. cranial nerve function;
- d. cervical spine evaluation.

Management of concussions and return to play criteria:

- A. Emergency transport of the athlete is recommended for concussions that present the following signs and symptoms:

1. lack of consciousness greater than one (1) minute;
2. inability of an athlete to stand or walk;
3. deteriorating symptoms/status;
4. focal neurological signs;
5. severe/debilitating headache.

B. Athletes who are symptomatic for a concussion shall be removed from practice or game and not allowed to return for the remainder of that day. That athlete should be referred to the appropriate health care professional (physician).

C. Athletes should meet the following criteria before returning.

1. physician clearance;
2. asymptomatic at rest;
3. asymptomatic with activity;
4. normal values on a neuro-cognitive exam.

An employee or a volunteer with current cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) training shall be present at each athletic activity during and outside of the school year.

Effective 4/9/14

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