

**TITLE:** 7473R Concussions and Head Injuries

**PURPOSE AND BACKGROUND:** To establish a procedure for the evaluation and management of head injuries

**APPLICABILITY:** Students and athletes

**MONITORING RESPONSIBILITY:** Coaching staff, teaching staff & administrators

**OUTLINE OF PROCEDURE:**

A concussion is a brain injury that results from a bump, blow or jolt to the head or body which causes the brain to move rapidly in the skull and which disrupts normal brain function. The Centers for Disease Control and Prevention estimates that as many as 3.8 million\* concussions related to participation in sports and other recreational activities occur each year in the United States. What may appear to be only a mild jolt or blow to the head or body can result in a concussion. There is no such thing as a minor brain injury. Therefore, these procedures **MUST** be followed for any suspected concussion or head injury.

Prevention and Preparation

The District will distribute a head injury information sheet to all parents/guardians of student-athletes participating in competitive sports. The parent/guardian and student-athlete must return a signed acknowledgement indicating that they have reviewed and understand the information provided before the student-athlete may participate in any sports activity. District personnel and coaching staff will regularly remind student-athletes to immediately inform coaching staff and/or other District personnel if a blow to the head or to the area near the head has been sustained by the student-athlete or a teammate, or if a concussion or other head injury is suspected.

Recognition and Management

If a student-athlete exhibits any signs, symptoms or behaviors that are suspicious or that may indicate he/she may have sustained a concussion or other head injury, the student-athlete must be immediately removed from all physical activity, including sports and recreation. Student-athletes who continue to participate in competitive sports while suffering from a concussion or suffering from the symptoms of a head injury are at greater risk of catastrophic brain injury or even death.

Parents/guardians and coaches are not expected to be able to diagnose a concussion or other significant injury; that is the role of appropriate health care professionals. A student-athlete who participates in interscholastic athletics or other District-sponsored physical recreational activities, and who sustains or is suspected of having sustained a concussion or other head injury, shall be immediately removed from further practice or competition.

Return to Play or Activity

A student-athlete who sustains, or is suspected of sustaining, a concussion or other head injury will be immediately removed from participation in the sport/activity for 24 hours and will be

allowed to return only after the parent/guardian provides a written medical release signed by a health care provider which indicates the date on which the student-athlete may return to the competitive sport/activity. (A provider of health care means a physician licensed under NRS Chapter 630 or 633, a physical therapist licensed under NRS Chapter 640 or an athletic trainer licensed under NRS Chapter 640B.

If symptoms of a concussion re-occur, or if concussion signs and/or behaviors are observed at any time upon resumption of the activity, the student-athlete must immediately discontinue all activity and be re-evaluated by a health care provider.

#### What to do in an Emergency Situation

Although rare, there are some situations where District personnel must call 911. The following circumstances constitute medical emergencies and require immediate action:

1. Any time a student-athlete or participant sustains a loss of consciousness of any duration. While loss of consciousness does not always occur and is not required for a concussion to be suspected or diagnosed, it may indicate more serious brain injury.
2. A student-athlete or participant exhibits any of the following symptoms or conditions: decreased level or loss of consciousness; appearing or looking very drowsy or cannot be awakened; difficulty in getting his/her attention; disorientation; irregular, difficult or labored breathing; onset of severe or worsening headache; persistent vomiting; or seizure or similar condition.

NOTE: NIAA regulations require that a student-athlete sent to a medical facility in an ambulance must be accompanied by a coach or other responsible adult.

\*Based on current available data, July 2012.

References: NRS 386.435, 392.452 & 455A.200; NIAA guidelines; NFHS guidelines;  
NAC 386.615 & 386.695

Revisions:

Effective Date: March 6, 2014

NEPN/NSBA

Classification: JJIC

**NCS D CONCUSSION AND HEAD INJURY POLICY  
STUDENT/PARENTAL ACKNOWLEDGMENT**

We, the undersigned, acknowledge that we have been provided with a copy of the NCS D Concussion and Head Injury Policy and Administrative Regulation, and that we have read and understand the policy in its entirety or it has been read to us and we understand the same. We hereby acknowledge and agree to follow all procedures set forth in the NCS D Concussion and Head Injury Policy and Administrative Regulation at all times during which our son/daughter participates in NIAA sanctioned activities and events.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature