

Marion County Board of Education

Monitoring:

Descriptor Term:

Descriptor Code:

Issued Date:

**Review:
Annually
August**

YOUTH SPORTS CONCUSSION POLICY

6.413

01/28/14

Rescinds:

Issued:

1. Information concerning the nature, risk and symptoms of concussion and head injury should be reviewed by all school administrators, coaches, youth athletes and their parent or guardian. The Tennessee Department of Health has concussion information available online at <http://health.state.tn.us/TBI/concussion.htm>. The following information includes a copy of "Signs/Symptoms of Concussion." The required Centers for Disease Control and Prevention concussion checklist is available at www.cdc.gov/concussion/pdf/TBI_schools_checklist_508-a.pdf. Every individual involved in athletics at the sponsoring school or youth organization must review concussion information annually and sign a form that states this process has been completed.
2. The NFHS has developed a free 20-minute course online entitled "Concussion in Sports - What You Need to Know." The course may be accessed at www.nfhslearn.com. Athletic directors and coaches, whether employed or volunteer, must complete this course annually.
3. Prior to the annual initiation of practice or competition the following persons must review and sign a concussion and head injury information sheet: the building administrator, athletic director, all coaches, any appointed licensed health care professional, AND the lead administrator of a nonpublic school/local education agency's director of schools or designee.
4. Prior to the annual initiation of practice or competition, all youth athletes and the athlete's parent/ guardian should review a concussion and head injury information sheet. A form confirming this review (sample information sheet provided) shall be signed and returned by the youth athlete, if the athlete is 18 years of age or older; or, by the athlete's parent/ guardian, for athletes younger than 18 years of age.
5. Any youth athlete who shows signs, symptoms and behavior consistent with a concussion shall immediately be removed from the activity or competition for evaluation by a licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training and present a 'Concussion Return to Play' clearance to the school/community-based youth athletic organization
6. No youth athlete who has been removed from play due to suspected concussion shall return to practice or competition until the youth athlete is evaluated by a health care provider and receives written clearance from the health care provider and receives written clearance from the health care provider for a full or graduated return to play. The attached Concussion Return to Play Form has been approved by TDH and should be used in practices and games. The form was adapted from the Acute Concussion Evaluation plan on the Centers for Disease Control and Prevention website www.cdc.gov/injury. It contains specific instructions that shall be followed before an athlete can return to sports. The form is to be completed and signed by a licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training before an athlete that has been removed from practice or a game may return to participate. A copy of the form must be kept on file at the school or by the community-based youth athletic organization administrator.

7. All documentation of the completion of a concussion recognition and head injury safety education course program and signed concussion and head injury information sheets shall be maintained by the school or athletic organization for a period of three years.

TENNESSEE PROTOCOL FOR REGISTERED OFFICIALS DURING CONTESTS

1. Determine prior to the start of the contest whether a school/community-based youth athletic organization has access to a designated health care professional' during the contest.

2. Continue to monitor players for possible signs of injury as usual.

3. Remove any player that shows signs, symptoms or behaviors consistent with a concussion per CDC Concussion Checklist.

4. Inform the head coach that the player is being removed for showing signs, symptoms or behavior consistent with a concussion.

5. The school/community-based youth athletic organization shall have the player examined by their designated health care professional. If the designated health care professional determines that the student has not sustained a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to contest rules.

6. The head coach is in charge of getting clearance from the school/community-based youth athletic organization's designated health-care professional.

7. If the school/ community-based youth athletic organization does not have access to a designated health care professional, or if the school/community-based youth athletic organization's designated health care professional suspects the athlete may have sustained a concussion, the only means for an athlete to return to practice or play is to complete an evaluation by a licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training and present a "Concussion Return to Play (RTP) clearance to the school/community based youth athletic organization.

8. If signs, symptoms and behaviors consistent with concussion are observed by an official, and a designated health care professional is not available to evaluate the athlete, the "Concussion Return to Play form MUST be completed and signed by a licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training and shown to the official(s) by the head coach prior to a student-athlete returning to participate in a contest the same day.

9. Officials have no role in the diagnosis of a concussion. NFHS rules do require that the officials remove players from the contest when signs, symptoms or behaviors consistent with a concussion are observed and the above written protocol must be followed.

'Designated health care professionals - certified athletic trainer, licensed nurse practitioner, physicians assistant, medical doctor or osteopathic physician.

TENNESSEE PROTOCOL FOR RESPONSE OF SCHOOLS/COMMUNITY-BASED YOUTH ATHLETIC ORGANIZATION REPRESENTATIVES IF PLAYERS EXHIBIT SIGNS, SYMPTOMS OR BEHAVIORS CONSISTENT WITH A CONCUSSION DURING PRACTICE OR COMPETITION

1. Coaches (employed or volunteer) and other persons in roles of authority shall remove any player that shows signs, symptoms or behaviors consistent with a concussion from the activity or competition.
2. The school/community-based youth athletic organization shall have the player examined by the school/community-based youth athletic organization's designated health care professional. If the designated health care professional determines that the student has not sustained a concussion. the player may return to the activity or competition.
3. The head coach shall be responsible for obtaining clearance from the school/ community-based youth athletic organization's designated health care professional.
4. If the school/community-based youth athletic organization does not have access to a designated health care-professional or if the school/community-based youth athletic organizations designated health care professional suspects that the athlete may have sustained a concussion, the only means for an athlete to return to practice or play is complete an evaluation by a licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training and present a signed Concussion Return to Play (RTP) clearance. Schools/community-based youth athletic organizations must keep this form on file for a period of three years. Designated health care professionals - certified athletic trainer, licensed nurse practitioner. physician's assistant, medical doctor or osteopathic physician.

SIGNS/SYMPTOMS OF CONCUSSION

Signs Observed by Coach:	Symptoms Reported by Athlete:
Appears dazed or stunned	Headache
Is confused about assignment or position	Fogginess
Forgets an instruction	Difficulty concentrating
Is unsure of game, score or opponent	Easily confused
Moves clumsily	Slowed thought processes
Answers questions slowly	Difficulty with memory
Loses consciousness, even briefly	Nausea
Cant recall events prior to hit or fall	Lack of energy. tiredness
Can't recall events after hit or fall	Dizziness, poor balance
	Blurred vision
	Sensitive to light and sounds
	Mood changes - irritable, anxious or tearful

Suggested Concussion Management:

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

1. No athlete should return to play or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically evaluated and cleared by an appropriate health-care provider- licensed medical doctor, osteopathic physician or clinical neuropsychologist with concussion training - prior to resuming participation in any practice or competition.
4. A Concussion Return to Play (RTP) form must be provided by the returning player to the school/community-based youth athletic organization. This document should outline a step-wise protocol for return to practice or competition and should include provisions for delayed RTP based upon return of any signs or symptoms. For more information, the NFHS has also developed a free 20-minute course online entitled Concussion in Sport - What You Need to Know that is encouraged for every individual involved in youth/student athletics. It can be accessed at www.nthsjearn.com