

POLICY

BOARD OF EDUCATION WASHINGTON TOWNSHIP

PROGRAM

2431.4/page 1 of 3

Prevention and Treatment of Sports-Related Concussions and Head Injuries M

2431.4 Prevention And Treatment Of Sports-Related Concussions And Head Injuries

A concussion is a traumatic brain injury caused by a direct or indirect blow to the head or body. In order to ensure the safety of pupils who participate in interscholastic athletics, it is imperative that student-athletes, coaches, and parents are educated about the nature and treatment of sports-related concussions and other head injuries. Allowing a student-athlete to return to play before recovering from a concussion increases the chance of a more serious brain injury.

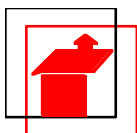
Every school district that participates in interscholastic athletics is required to adopt a policy concerning the prevention and treatment of sports-related concussions and other head injuries among student-athletes in accordance with the provisions of N.J.S.A. 18A:40-41.1 et seq. For the purpose of this Policy, "interscholastic athletics" shall be Kindergarten through twelfth grade school-sponsored athletic programs where teams or individuals compete against teams or individuals from other schools or school districts.

The school district will adopt an Interscholastic Athletic Head Injury Training Program to be completed by the school physician, licensed athletic trainer(s) involved in the interscholastic athletic program, all staff members that coach an interscholastic sport, designated school nurses, and other appropriate school district personnel as designated by the Superintendent. This Training Program shall be in accordance with guidance provided by the New Jersey Department of Education and the requirements of N.J.S.A. 18A:40-41.2.

The Principal or designee shall distribute the "*New Jersey Department of Education Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form*" (Attachment A) to every student-athlete who participates in interscholastic sports. The Principal or designee shall obtain a signed acknowledgement of the receipt of the Fact Sheet by the student-athlete's parent which is to be kept on file for future reference.

Prevention of a sports-related concussion and head injuries is an important component of the school district's program. The school district may require pre-season baseline testing of all student-athletes before the student-athlete begins participation in an interscholastic athletic program.

Any student-athlete who exhibits the signs or symptoms of a sports-related concussion or other head injury during practice or competition shall be immediately removed from play and may not return to play that day. Emergency medical assistance shall be contacted when there is a worsening of symptoms, loss of consciousness, direct neck pain associated with the injury, or



POLICY

BOARD OF EDUCATION WASHINGTON TOWNSHIP

PROGRAM

2431.4/page 2 of 3

Prevention and Treatment of Sports-Related Concussions and Head Injuries **M**

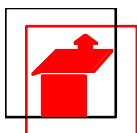
any other sign which leads the supervising school staff member to determine that emergency medical attention is needed. If available when the student-athlete is exhibiting signs or symptoms, the school physician will evaluate the student-athlete. The Principal or designee shall contact the student-athlete's parent and inform the parent of the suspected sports-related concussion or other head injury.

Possible signs of a concussion can be observed by any school staff member or the school physician. Any possible symptoms of a concussion can be reported by the student-athlete to: coaches; licensed athletic trainer; school physician; school nurse; and/or parent. The Principal or designee shall provide the student-athlete with Board of Education approved suggestions for management/medical checklist to provide to their parent and physician trained in the evaluation and management of sports-related concussions and other head injuries.

A student-athlete who participates in interscholastic athletics and who sustains or is suspected of sustaining a concussion or other head injury shall be required to have a medical examination conducted by his/her physician. The student-athlete's physician shall be trained in the evaluation and management of concussion to determine the presence or absence of a sports-related concussion or head injury.

The student-athlete's physician must provide to the school district a written medical release/clearance for the student-athlete indicating when the student-athlete is able to return to the activity. The medical release/clearance must indicate that the student-athlete is asymptomatic at rest (with no use of medications to mask headache or other symptoms) and either may return to the interscholastic athletic activity because the injury was not a concussion or other head injury or may begin the district's graduated return to competition and practice protocol outlined in Regulation 2431.4. A medical release/clearance not in compliance with this Policy will not be accepted. The medical release/clearance must be reviewed and approved by the school physician. The asymptomatic period for any concussion may be adjusted at the discretion of the school physician. Factors that the school physician may consider when determining to modify the management of a concussion include the number, duration and severity of the symptoms reported by the pupil, the severity of the signs (e.g. prolonged loss of consciousness or amnesia), the frequency or timing of recent concussion or traumatic brain injury, and the age of the pupil.

The school district shall provide a copy of this Policy and Regulation 2431.4 to all youth sports team organizations that operate on school grounds. In accordance with the provisions of N.J.S.A. 18A:40-41.5, the school district shall not be liable for the injury or death of a person due to the action or inaction of persons employed by, or under contract with, a youth sports



POLICY

BOARD OF EDUCATION WASHINGTON TOWNSHIP

PROGRAM

2431.4/page 3 of 3

Prevention and Treatment of
Sports-Related Concussions and
Head Injuries
M

team organization that operates on school grounds, if the youth sports team organization provides the school district proof of an insurance policy in the amount of not less than \$50,000 per person, per occurrence insuring the youth sports team organization against liability for any bodily injury suffered by a person and a statement of compliance with the school district's Policy and Regulation 2431.4 - *Prevention and Treatment of Sports-Related Concussions and Head Injuries*.

For the purposes of this Policy, a "youth sports team organization" means one or more sports teams organized pursuant to a nonprofit or similar charter or which are member teams in a league organized by or affiliated with a county or municipal recreation department.

This Policy and Regulation shall be reviewed and approved by the school physician and shall be reviewed annually, and updated as necessary, to ensure it reflects the most current information available on the prevention, risk, and treatment of sports-related concussion and other head injuries.

N.J.S.A. 18A:40-41.1; 18A:40-41.2; 18A:40-41.3; 18A:40-41.4; 18A:40-41.5

Adopted: 26 July 2011

[Policy Alert 194]

