

CATHOLIC CENTRAL HIGH SCHOOL CONCUSSION MANAGEMENT SCHOOL POLICY

The Board of Trustees of Catholic Central High School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, the school adopts the following policy to support the proper evaluation and management of head injuries.

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

While Catholic Central staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses, and other appropriate staff will receive training to recognize the signs, symptoms, and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in a 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 an appropriate health care professional. The coach, school nurse, or appropriate school representative will notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the school expects the parent/legal guardian to report the condition to the school nurse so that the district can support the appropriate management of the condition.

The student shall not return to school or activity until authorized to do so by an appropriate health care professional. The school's chief medical officer will make the final decision on returning to activities, including physical education class and after school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider.

The Principal, in consultation with appropriate district staff, including the chief school medical officer, will develop regulations and protocols to guide the return to activity.