

HUNTINGTON BEACH UNION
HIGH SCHOOL DISTRICT

SUBJECT: **CONCUSSION**

PURPOSE: To provide a district wide policy protocols for the care of injured athletes who displays signs and symptoms or behavior associated with a concussion. This policy has been developed to ensure that the concussed student is identified, treated and referred appropriately in order for the athlete to receive follow-up medical care and/or academic accommodations until he/she is fully recovered prior to returning to activity.

AUTHORITY: Education Code, Section 49475

Assembly Bill 25 (Hayashi)

California Interscholastic Federation Bylaw 313

DEFINITIONS:

Concussion: A type of traumatic brain injury (TBI) can be caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

Licensed Health Care Provider: For the purpose of this document, a Licensed Health Care Provider (LHCP) is a licensed Medical Doctor (MD) or Doctor of Osteopathy (DO) who is trained in the evaluation and management of concussions, and working within the scope of his/her practice. (AB 25)

Policy: A student athlete that exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition at the time of injury. Student shall not be permitted to return to any activity until they are evaluated and cleared by a LHCP, trained in the management of concussions.

When a student athlete returns to participation in an activity, a decision is made on a case by case basis that involves consultation of the student’s LHCP, credentialed school nurse and the Athletic Trainer (AT).

The school maintains the right of student nonparticipation in any school related sport and/or activity regardless of LHCP clearance if the team doctor (as available), school nurse, athletic trainer, and administration determine return to the activity/sport is not advisable. All activities requiring a sports physical clearance prior to participation, will be considered athletes and as such be subject to the concussion policy.

Procedure: If a student has a concussion injury or is diagnosed with a concussion, the student shall not be permitted to return to any physical activity until they receive written clearance from their LHCP. Physician’s Return to Play Report Form (PRTPF) will be given to the student athlete for evaluation and clearance-completed by the LHCP. PRTPF and all physician notes shall be submitted to both the health office and athletic trainer’s office upon the student’s return to school.

Evaluation:

1. Any student who has a head injury that displays the following symptoms: loss of consciousness and/or has **WORSENING** symptoms; such as a headache increasing in intensity, vomiting, increasing confusion, lethargy, difficulty speaking, unable to move an extremity, or convulsion or seizure shall be immediately transported by Emergency Medical Services (EMS) to a higher level care emergency department.
2. All head injuries suspected with spinal involvement shall be placed in c-spine precautions until EMS arrives and transports.
3. During practice or at a game when the physician is not present, the AT can evaluate a student who exhibits neurological symptoms. However, if the AT is not present at the event, and the school nurse or physician are not available, the coach will advise the parent or guardian to transport the student to a medical facility for further evaluation. If symptoms worsen, EMS shall be activated.
4. If the student has non-urgent symptoms and the AT is present, post injury neurological testing shall be utilized when available.
5. If a concussion is suspected, the student shall be immediately removed from the activity and may not return until written clearance by a LHCP is obtained.

Management:

1. At the time of injury if a concussion is suspected, the supervising school staff attending the event shall notify the following individuals: administration, the coach, the athletic trainer and parent. The health office shall be notified of a student with a suspected concussion by the next school day.
2. The student will be given written instructions for home which will contain the Concussion/Head Injury Information Sheet and PRTPF.
3. The student/guardian shall return the completed PRTPF or its equivalent to AT or Health Office.
4. Follow-up and management by AT:
 1. Acute Concussion Evaluation (ACE) symptom checklist
 2. Facilitate post injury neurocognitive testing if available on site and when applicable
 3. Implement return to play protocol as defined by the Center for Disease Control and Prevention (CDC)
 4. Notify the coach, the health office and the athletic director when student has been cleared by the AT for return to full activity following completion of return to play protocol

5. The AT will fill out and submit a Student Accident Report (SAR) and shall submit the document to the health office by the next school day
6. If the AT was not present at the event, it is the coach's responsibility to fill out the SAR document and submit to the health office by the next school day.
7. If post-concussion syndrome or equivalent is diagnosed, consider a student success team (SST) referral.