

Concussion Policy

updated December 2017

Purpose:

Sioux Center Christian School is committed to providing a safe environment for our students. SCCS will comply with Iowa Code 280.13C requirements for managing concussions.

Background:

Any blow to the head or body can cause a concussion. Common symptoms may include headache, dizziness, nausea, or other signs. A student with a concussion is also at risk for a condition called Secondary Impact Syndrome. This condition occurs when a person receives a second injury to the head while still recovering from a concussion. Most concussions are short-lived and do not cause permanent injury. However, symptoms may last from a few days to several months or longer and may interfere with school, work, sports, and social life.

Education:

1. SCCS will distribute to all faculty, staff, and coaches annual communication regarding responding to possible student head injuries, communication of events, and students' potential need for accommodation during recovery.
2. SCCS will distribute to all students and parents annual education regarding prevention of, recognition of, and recovery for concussions.
3. Prior to the beginning of each athletic season, each coach will complete the free, online training at <https://heads.up.cdc.gov/>. Certificate of completion should be turned into the athletic director.
4. Athletes and their parent/guardian will be required to read and sign the CDC Concussion Information Sheet. This signed form will need to be returned to school before the student can participate in extra-curricular, competitive sports.

Procedures:

The following is our procedure for students who receive a blow to the head during school day activities, including recess and physical education:

1. The student will be removed from any ongoing physical activity, including recess or physical education. Ice can be applied to the affected area of the body.
2. The student will be evaluated for signs or symptoms of concussion. Evaluation will be performed by the school nurse, if available. If the nurse is not available, another staff member will evaluate the student. The student should be observed for a minimum of 30 minutes.
3. If the student shows no symptoms, the Instructions for Parents Following a Student's Head Injury form and CDC Fact Sheet for Parents will be sent home with the student so parents may observe for any developing symptoms. The student may return to classroom activities the same day. If the student develops no symptoms, he/she may return to physical activities the following day.
4. If the student shows symptoms, parents will be contacted and encouraged to have a healthcare provider evaluate their child for concussion. If symptoms appear to be worsening, parents

should be encouraged to seek immediate medical attention for their child. Instructions for Parents Following a Student's Head injury instructions and CDC Fact Sheet for Parents will be sent with the student.

The following is our procedure for students who receive a blow to the head during an extra-curricular, competitive sport practice or game:

1. If the coach suspects a player may have received a concussion due to a blow to the head or body, the athlete will be removed from play.
2. The coach will assess the player for any signs or symptoms of a concussion using the Concussion Recognition Tool 5.
3. Even with no symptoms, the player should not return to play on the same day.
4. If the athlete has any symptoms, they may not return to play until evaluated and released by a healthcare provider. If symptoms are worsening, medical attention must be sought. The coach or delegate will notify parents as soon as possible to have their student evaluated.
5. The coach will fill out the Instructions for Parents Following an Athlete's Head Injury form and give it to the parents along with the CDC Fact Sheet for Youth Sports Parents and the IHSAA Release for Return to Athletic Play Following a Concussion or Injury.
6. The coach will communicate these events with the school nurse or a member of the school administration to ensure student receives appropriate medical release before returning to other physical activities such as physical education or recess.

Documentation:

For students who receive a blow to the head during school-day activities, the school nurse will enter a record of events on RenWeb.

For students who receive a blow to the head during an extra-curricular, competitive sport practice or game, written documentation of events will be written by the coach on the Instructions for Parents form, and sent home with the student. A copy of this documentation should be provided to the school nurse.

Return-to-Learn: Students may require individualized support as they recover from the injury and return to the learning environment. If a student demonstrates difficulty returning to the learning environment, it may be necessary to have a collaboration between the student, parents, and educators to consider adjustments suggested in the Concussion Management Guidelines for Iowa School, produced by the Iowa Department of Public Health and the Iowa Department of Education.

References:

"Concussion Management Guidelines for Iowa Schools." Iowa Department of Education & Iowa Department of Public Health, June 2017, www.educateiowa.gov/student-health-conditions.

"HEADS UP to Youth Sports." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 1 Feb. 2017, www.cdc.gov/headsup/youthsports/index.html.