

Concussions and Head Injuries

Consistent with the National Federation of High School (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), the district will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury. To ensure the safety of student-athletes, this policy will apply to competitive athletic activities as identified by the administration.

“Student- athlete” is defined in this policy as a student involved in any intramural sports program conducted outside the regular teaching day or competitive student sports program between schools in grades 4-8.

Identified athletic activities: Identified athletic activities include all NHIAA-sanctioned activities, including cheer/dance squads, and any other district-sponsored sports or activities as determined by the district.

Coach’s Responsibility:

A student-athlete who is suspected of sustaining a concussion or head injury or other serious injury in a practice or game shall be immediately removed from play. An immediate attempt will be made to reach the person listed on the emergency contact card, with an incident report being filed with the building administrator within 24 hours.

Removal from Play and Protocol for Return to Play:

Any coach, official, licensed athletic trainer, or health care provider who suspects that a student-athlete has sustained a concussion or head injury in a practice or game shall immediately remove the student-athlete from play.

A student-athlete who has been removed from play shall not return to play on the same day or until he/she is evaluated by a health care provider and receives medical clearance and written authorization from that health care provider to return to play. The student-athlete shall also present written permission from a parent/guardian to return to play.

The district may limit a student-athlete’s participation as determined by the student’s treating health care provider.

Academic Issues in Concussed Students:

It shall be the parent’s responsibility to inform the school nurse if the student has sustained a concussion. In the event a student has suffered a concussion,



that student's teachers will be notified by the school nurse. Teachers should report to the school nurse if the student appears to have any difficulty with academic tasks that the teacher believes may be related to the concussion. The school nurse will notify the student's parents. Administrators and district staff will work to establish a protocol and course of action to ensure the student is able to maintain his/her academic responsibilities while recovering from the concussion. Section 504 accommodations may be developed in accordance with applicable law and board policies.

Parent Education and Coach Training:

Parent Information Sheet: A concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent/guardian prior to the student-athlete's initial practice or competition.

All coaches and volunteers of competitive sport activities will comply with NHIAA recommended procedures for the management of head injuries and concussions. All coaches, including volunteers, will complete training every two years in head injury and concussion management by one of the following means: (1) through viewing the NHIAA sport-specific rules clinic; or (2) through viewing the NHIAA concussion clinic found on the MHSAA Sports Medicine page at www.mhsa.org; or (3) other pertinent organizations.

The Athletic Director or designee will consult with the NHIAA to annually update procedures for the management of concussion and head injury. Any updated procedures will be adopted and used for the upcoming school year.

Administrative Responsibilities:

The superintendent or his/her designee will monitor changes in standards regarding student athlete concussion management, and explore relevant staff professional development training programs relative to concussions and head injury.

Concussion Awareness and Education:

To the extent possible, the board encourages the administration to implement concussion awareness and education into the district's physical education and/or health education curriculum

Legal References

RSA 200:49, Head Injury Policies for Student Sports

RSA 200:50, Removal of Student-Athlete

Adopted 2014

