

Policy 1005: Head Injury and Concussion

Status: ADOPTED

Original Adopted Date: 10/11/2016

Purpose

In compliance with Utah State Board of Education Rule R277-614 Lumen Scholar Institute (the 'School') has established this *Head Injury and Concussion Policy* to provide information about concussion for coaches, school personnel, parents and students. This policy outlines procedure for staff to follow in managing concussions, and outlines school policy as it pertains to return to play issues following a concussion.

Policy

1. The School seeks to provide a safe return to activity for all students following any injury, but particularly a concussion. In order to effectively and consistently manage such injuries, administration shall develop procedures to ensure that concussed students are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day and are fully recovered prior to returning to activity.
2. Administration and/or PE specialists shall review this protocol annually. Any changes or modifications will be reviewed and given to appropriate school personnel.
3. Procedures for managing head injuries will be addressed yearly with all appropriate staff during yearly in-service training.

Non-policy Tools and Procedures

1. Recognition of Concussion:
 - a. A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when brain is jostled or twisted inside the skull as a result of a blow to the head or body. What may appear to be just a mild blow to the head or body can result in a concussion. A concussion can occur even when the student does not lose consciousness.
 - b. Common signs and symptoms of a concussion observed by others:
 - i. Student appears dazed or stunned,
 - ii. Confusion,
 - iii. Forgetfulness,
 - iv. Moves clumsily (altered coordination),
 - v. Balance problems,
 - vi. Altered personality,
 - vii. Responds slowly to questions, and
 - viii. Loss of consciousness (any duration).
 - c. Common signs and symptoms of a concussion observed by student:
 - i. Headache,
 - ii. Fatigue,
 - iii. Nausea or vomiting,
 - iv. Double vision or blurry vision,
 - v. Sensitivity to light or noise,
 - vi. Feels sluggish or foggy, and
 - vii. Problems concentrating or remembering.
 - d. One or more of these signs or symptoms following a blow to the head or body is indicative of a probable concussion. Any student who exhibits signs or symptoms of a concussion will be immediately removed from the activity and shall not return to play until cleared by a medical professional.
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