

## Concussion Policy

### Bangor Christian Schools

Bangor Christian Schools recognizes that concussions and other head injuries are serious and could result in significant brain damage and/or death if not recognized and managed properly. BCS adopts this policy to promote the safety of the students participating in school activities, including but not limited to extracurricular athletic activities and interscholastic sports.

#### **TRAINING**

##### ***Staff***

Prior to the beginning of each school year, school personnel ( including volunteers) must be aware of this school policy and protocols related to the management of head injuries and participate in concussion awareness training that includes recognizing the signs and symptoms that may suggest a concussion or other head injury. Training must be consistent with protocols developed by the Maine Department of Education.

##### ***Coaches***

Coaches are required to complete a concussion training course every 2 years.  
([http://www.cdc.gov/concussion/headsup/online\\_training.html](http://www.cdc.gov/concussion/headsup/online_training.html))

#### **STUDENTS AND PARENTS/GUARDIANS**

At the beginning of each school year, students that are planning on participating in school - sponsored athletic activities and parents/guardians will be provided with the following information:

- The risk of concussions and the dangers associated with them
- The signs and symptoms associated with concussions
- The schools protocol for removing, evaluating, and returning students to school activity.

Students/Parents must sign a statement stating that they received and read this information before the student is allowed to participate in any school sponsored athletic event.

## **MANAGEMENT OF CONCUSSIONS AND OTHER HEAD INJURIES**

### ***Steps to follow when a concussion is suspected:***

1. Remove the student immediately from the game, practice, competition, PE class or other activity and he/she may not return to the above mentioned that same day.
2. Observe student for:
  - a. Signs and symptoms of a concussion
  - b. Any “danger signs” observed, if present seek immediate medical assistance (911)
  - c. If no danger signs observed, monitor the student for signs /symptoms for 30 minutes ( initially, 15 minutes, 30 minutes) using the concussion checklist.
3. Notify the parents or guardian
4. Seek medical assistance if indicated
5. If no signs/symptoms present, may return to class but not to the above mentioned activity. If a concussion is suspected the student must be removed from all school activities and evaluated by a health care provider trained in concussion management.
6. Give a copy of the checklist to parent/guardian
  - a. Review with parent/guardian
  - b. Observe for any changes
  - c. Explain some signs or symptoms may not occur until hours or days following the impact
  - d. If changes occur, seek immediate medical assistance
7. All coaches are required to report any student’s head injury or suspected concussion sustained in practice, games etc. so the parents may take the student to a licensed health care provider trained in concussion management for evaluation and treatment.
  - a. Inform parent/guardian immediately
  - b. Complete Accident Report

***Procedures for returning to activity/classroom following a concussion:***

1. Evaluated by a licensed health care provider trained in concussion management.
2. Provide the school with written medical release/clearance for the student indicating when the student is able to return to the activity/classroom.
3. Monitor for recurrence of concussion symptoms during return to play. Notify parents and physician. Note activity that causes symptoms to recur.
  - a. If at anytime during the return to full participation in school/athletics the student exhibits concussion symptoms, the student must be removed from the activity and re-evaluated by the treating licensed health care provider trained in concussion management.
4. Monitor the recurrence of concussion symptoms during classroom time such as attention span, Memory, concentration problems.
  - a. Meet with teachers, parents, physician, and administrator to develop a plan to help the student return to the classroom. Shorter computer time, rest breaks, receive help with homework, more time for test taking, etc. (504 Coordinator)
  - b. Monitor closely for 2 weeks after returning to school. Notify physician and parents/guardian if symptoms recur.
  - c. Coaches and other school personnel must comply with the students treating health care provider trained in concussion management recommendations regarding gradual return to participation.

**CONCUSSION POLICY MANAGEMENT TEAM**

The team will include the school nurse and athletic administrator and may include the principal, assistant principal, and other school personnel deemed appropriate. The team will oversee the policy and any changes to protocol.

## **Definition:**

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head, face or neck that can change the way your brain normally looks. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. A concussion can occur with or without loss of consciousness and proper management is essential to the immediate safety and long-term future of the injured individual.

## **Recognizing a possible concussion:**

### ***Signs of concussion:***

1. Appears dazed, stunned or disoriented, decreased alertness
2. Forgets play or demonstrates short term memory difficulty
3. Slurs words
4. Exhibits difficulties with balance and coordination
5. Answers questions slowly or inaccurately
6. Exhibits seizures or vomiting
7. Changes in level of consciousness

### ***Symptoms of concussion:***

1. Headache
2. Nausea
3. Balance problems or dizziness
4. Double vision or changes in vision
5. Sensitivity to light, sound or noise
6. Feeling sluggish or foggy
7. Difficulty with concentration and short term memory
8. Sleep disturbance
9. Irritability or changes in personality and behavior

***Danger signs of concussions:***

1. One pupil larger than the other
2. Drowsy or can't be awakened
3. Headache that gets worse and doesn't go away
4. Weakness, nausea or decreased coordination
5. Repeated nausea/ vomiting
6. Slurred speech
7. Convulsions or seizures
8. Can't recognize people or places
9. Becomes increasingly confused, restless or agitated
10. Loses consciousness (even a brief loss of consciousness should be taken seriously)