

CONCUSSION MANAGEMENT POLICY

Weston Public Schools (WPS), in order to protect the health and safety of students and to comply with 105 CMR 201.000 enacted in June 2011, has developed the following policy to provide standardized procedures for persons involved in the prevention, training, management and return to activity decisions regarding students who incur head injuries, whether sustained during extracurricular athletic activities, during the school day or outside of school.

Head Injury, Concussion / TBI (traumatic brain injury) is defined as:

A complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. TBI may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head. TBI includes, but is not limited to, a concussion.

Signs and symptoms of a concussion can present right after an injury or may not appear or be noticed until hours or days after the injury. The physical symptoms that are common following a concussion may include headaches, double vision, light sensitivity, dizziness, fatigue and/or sensitivity to noise. Any of these symptoms may negatively impact a student's learning, emotion regulation, or behavioral functioning in the school setting. These symptoms usually resolve in 1-2 weeks in the majority of cases with rest and proper care. However, in some cases symptoms may linger for months. Consequently, there is a need to support all students in their return to the educational environment after sustaining a concussion.

The Nurse Leader will be responsible for the implementation of these policies and procedures.

Annual training is required for those specified below in the prevention and recognition of a sports-related-head injury, and associated health risks including second impact syndrome. WPS will maintain records of completion of annual training. These Massachusetts Department of Public Health (DPH) approved training materials will also be available to all faculty and staff.

1. Coaches
2. Certified athletic trainers
3. Trainers
4. Volunteers
5. School and team physician
6. School nurses
7. Athletic Directors
8. Directors responsible for a school marching band, whether employed by a school or school district or serving in such capacity as a volunteer
9. Parents of a student who participates in an extracurricular athletic activity
10. Students who participate in an extracurricular athletic activity

Head injuries or suspected concussions whether sustained during extracurricular athletic activities, during the school day or outside of school, must be reported to the school nurse and/or certified athletic trainer. If TBI is suspected, the student must be removed from the activity and referred for medical

evaluation. Return to play guidelines, reentry plans to school/academic activities, and any related academic accommodations shall be in accordance with the WPS “Information and Guidelines Relating to Traumatic Brain Injury” and 105 CMR 201.011. Parents and students are responsible for completion of the Pre-participation forms including the Report of a Head Injury Form. No student athlete will be allowed to participate in athletic activities until all forms, including physical examinations, are signed, submitted and reviewed by WPS nurses annually.

Information concerning a student's history of head injury and concussion, recuperation, reentry plan, academic accommodations, and authorization to return to play and resume academic activities will be shared on a need to know basis consistent with requirements of 105 CMR 201.000 and applicable federal and state law including, but not limited to, the Massachusetts Student Records Regulations, 603 CMR 23.00, and the Federal Family Educational Rights and Privacy Act Regulations, 34 CFR Part 99.

A copy of this policy will be included in all handbooks and on WPS website.

Review and revision of such policies and procedures shall occur as needed but at least every two years.

Revised and adopted: July 25, 2017

Reviewed: November 13, 2017

REF: Policy JJIF-R Sports Related Concussion/TBI Protocol
WPS Information and Guidelines Relating to Traumatic Brain Injury