

WESTERN SPRINGS SCHOOL DISTRICT NO. 101

CONCUSSION MANAGEMENT**POLICY**

Concussions are recognized as one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. If not properly evaluated and managed, a concussion may cause serious injury. Students who have sustained a concussion may need informal or formal accommodations, modifications of curriculum, and monitoring by medical or academic staff until the student is fully recovered. To minimize the risks associated with concussions, the Superintendent or his/her designee shall develop, implement, and monitor compliance with a program to manage concussions and head injuries suffered by students participating in school sponsored or school sanctioned Interscholastic Athletic Activities. The program minimally shall fully implement the Illinois Youth Sports Concussion Safety Act (Act). The Superintendent or his/her designee shall appoint members to the District's Concussion Oversight Team (the "Team"), subject to approval by the Board.

No student shall be allowed to participate in an Interscholastic Athletic Activity for a school year until s/he and his/her parent or other person authorized to make medical decisions for the student acknowledge in writing on a form approved by the Illinois Elementary School Association that they have received and reviewed information provided by the District regarding concussion prevention, symptoms, treatment, oversight and guidelines for return to play.

A student shall be removed immediately from participation in an Interscholastic Athletic Activity any time one or more of the following individuals believe the student has sustained a concussion during practice or competition:

1. Coach,
2. Physician,
3. Game official,
4. Athletic trainer,
5. Student's parent or other person with legal authority to make medical decisions for the student,
6. Student,
7. Other person identified in the District's return-to-play protocol.

Students who experience a concussion during Interscholastic Athletic Activity may be excused from physical education, in accordance with the recommendation of the student's treating licensed health care provider.

The Superintendent or his/her designee shall supervise the individual(s) responsible for return-to-learn and return-to-play protocol compliance associated with concussions. The supervisor shall not be a coach of an interscholastic athletic team.

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Staff training shall be conducted consistent with the *Illinois School Code*.

RULES AND REGULATIONS**Definitions**

1. ***Athletic Trainer:*** An individual licensed under the Illinois Athletic Trainers Practice Act.
2. ***Coach:*** Any volunteer or employee of a school who is responsible for organizing and supervising students to teach them or train them in the fundamental skills of an interscholastic athletic activity. "Coach" refers to both head coaches and assistant coaches.
3. ***Concussion:*** A complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns and which may or may not involve a loss of consciousness.
4. ***Game Official:*** A person who officiates at an interscholastic athletic activity, such as a referee or umpire, including, but not limited to, persons enrolled as game officials by the Illinois High School Association or Illinois Elementary School Association.
5. ***Interscholastic Athletic Activity:*** Any organized school-sponsored or school-sanctioned activity for students, generally outside of school instructional hours, under the direction of a coach, athletic director, or band leader, including, but not limited to, baseball, basketball, cheerleading, cross country track, fencing, field hockey, football, golf, gymnastics, ice hockey, lacrosse, marching band, rugby, soccer, skating, softball, swimming and diving, tennis, track (indoor and outdoor), ultimate Frisbee, volleyball, water polo, and wrestling. All interscholastic athletics are deemed to be interscholastic activities.
6. ***Licensed Healthcare Professional:*** A person who has experience with concussion management and who is a nurse, a psychologist who holds a license under the Clinical Psychologist Licensing Act and specializes in the practice of neuropsychology, a physical therapist licensed under the Illinois Physical Therapy Act, an occupational therapist licensed under the Illinois Occupational Therapy Practice Act.
7. ***Nurse:*** A person who is employed by or volunteers at a school and is licensed under the Nurse Practice Act as a registered nurse, practical nurse, or advanced practice nurse.
8. ***Physician:*** A physician licensed to practice medicine in all of its branches under the Medical Practice Act of 1987.

Concussion Oversight Team

1. ***Composition.*** The Concussion Oversight Team minimally shall consist of the following individuals:

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- a. A Physician, to the extent practicable;
- b. An Athletic Trainer and/or nurse (if the school employs either), to the extent practicable;
- c. At a minimum, one person who is responsible for implementing and complying with the return-to-play and return-to-learn protocols adopted by the Team; and

Other Licensed Healthcare Professionals also may be appointed to serve on the Team. To be eligible for appointment to the Team, a Physician, Nurse or athletic director must be in compliance with concussion related training requirements set forth in the Act.

2. **Responsibilities.** The Team shall be responsible for:
 - a. Establishing and periodically reviewing return-to-learn and return-to-play protocols;
 - b. Reviewing the school-specific Emergency Action Plans for interscholastic activities.

Notice

1. **Notification of Concussion Management Policy:** The District shall inform student athletes and their parents of this policy in its athletic registration form, parent/student athletic handbook, or any other written instrument students and their parents sign as a condition of participation in Interscholastic Athletic Activities.
2. **Notification of Concussion Symptoms, Signs or Behavior:** In the event that a student is removed from an athletic practice or competition after encountering a force to the head that results in concussion-like symptoms, the building principal or his/her designee is responsible for notifying the student's parent(s). The Athletic Director, and school nurse also shall be notified to facilitate efforts to monitor the student during the school day, if applicable.

Training

Proof of compliance with approved concussion related training, as set forth in the Act, shall be submitted to the Superintendent or his/her designee upon completion of initial training and at least once every two years thereafter or such other time as may be required by the Act by: Coaches; any Nurse who serves as a member of the Team, whether as an employee or volunteer; and Interscholastic Athletic Activity game officials.

Protocols for Return-to-learn and Return-to-play

The return-to-learn and return-to-play protocols developed by the Team shall be based on peer-reviewed scientific evidence consistent with the Centers for Disease Control and Prevention

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guidelines and rules set forth by the Illinois State Board of Education. Minimally, the protocols shall address:

1. ***Annual Acknowledgement.*** Annual written student and parent acknowledgement of receipt of information regarding concussions;
2. ***Student Removal from Activity:*** Identification of who has authority to direct a student's removal from Interscholastic Athletic Activity, consistent with this policy and the Illinois Youth Sports Concussion Safety Act and any amendments thereto.
3. ***Evaluation and Medical Clearance.*** The need for evaluation by a physician or athletic trainer working under the supervision of a physician of any student removed from Interscholastic Athletic Activities due to a suspected concussion and medical clearance prior to that student being allowed to return-to-play, such medical costs being the responsibility of the parent;
4. ***Return-to-learn Protocol:*** Application of the return-to-learn protocol to the student, irrespective of whether the concussion was received while participating in an Interscholastic Athletic Activity;
5. ***Return-to-play Protocol:*** A graduated return-to-play procedure, consistent with medical approval, until the student is prepared to return to full game play.
6. ***Authorization for Return-to-play:*** Identify who is authorized to approve a student's return to play following successful completion of both the return-to-learn and return-to-play protocols, submission of medical clearance and any other written statement required of parent under the Act. The individual authorized to clear a student for return to play may not be a Coach of an Interscholastic Athletic Activity.

Return-to-learn protocols shall apply to any student believed to have experienced a concussion, whether or not the concussion took place while the student was participating in an Interscholastic Athletic Activity.

Return-to-play protocol shall apply to students involved in Interscholastic Athletic Activities.

Source:	105 ILCS 5/10-20.5	Rules
	105 ILCS 5/22-80	Student Athletes; Concussions and Head Injuries (Illinois Youth Sports Concussion Safety Act)

Policy Adopted: October 24, 2016 BOARD OF EDUCATION, Dist. 101
Western Springs, IL