District 181's Implementation of Revised Policy 7:305:
Student Athlete Concussions and Head Injuries

Board Policy 7:305 can be accessed on the BoardDocs site: http://www.boarddocs.com/il/hccsdil/Board.nsf/Public

Pathway: Policies>Students>7:305: Student Athlete Concussions and Head Injuries

Contents

1. Youth Sports Concussion Safety Act
2. Changes to District Policy 7:305: Student Athlete Concussions and Head Injuries
3. Concussion Oversight Team
4. Return to Play Protocol
5. Revised Agreement to Participate Form
6. RTP responsibilities of coaches (I), PE teachers (I), athletic activity supervisors (I) and principals (II).
7. Return to Learn Protocol
8. RTL responsibilities of school nurses (I) and principals (II).
9. Concussion Training
10. Student Athletes
11. Parents
12. Resources
13. Program Administration

1. Youth Sports Concussion Safety Act

From the IHSA website:

“On August 3rd, 2015, Governor Rauner signed into law SB 07 (Public Act 99-245). The legislation focuses primarily on concussion management at the middle school/junior high school and high school levels. The legislation amends the School Code and is a requirement for all schools.”

Source: http://www.ihsa.org/resources/sportsmedicine/concussionmanagement.aspx

2. Changes to District Policy 7:305: Student Athlete Concussions and Head Injuries

Our District’s policy on concussions was amended to fully comply with the new Act.

Text of Board Policy 7:305

The Superintendent or designee shall develop and implement a program to manage concussion and head injuries suffered by students.
The program shall:

1. Prepare for the full implementation of the Youth Sports Concussion Safety Act, that provides, without limitation, each of the following:

   (a) The Board must appoint or approve members of a Concussion Oversight Team for the District.

   (b) The Concussion Oversight Team shall establish each of the following based on peer-reviewed scientific evidence consistent with guidelines from the Centers for Disease Control and Prevention:

      I. A return-to-play protocol governing a student’s return to interscholastic athletics practice or competition following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise an athletic trainer or other person responsible for compliance with the return-to-play protocol.

      II. A return-to-learn protocol governing a student’s return to the classroom following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise the person responsible for compliance with the return-to-learn protocol.

   (c) Each student and the student’s parent/guardian shall be required to sign a concussion information receipt form each school year before participating in an interscholastic athletic activity.

   (d) A student shall be removed from an interscholastic athletic practice or competition immediately if any of the following individuals believes that the student sustained a concussion during the practice and/or competition: a coach, a physician, a game official, an athletic trainer, the student’s parent/guardian, the student, or any other person deemed appropriate under the return-to-play protocol.

   (e) A student who was removed from interscholastic athletic practice or competition shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the return-to-play and return-to-learn protocols developed by the Concussion Oversight Team. An athletic team coach or assistant coach may not authorize a student’s return-to-play or return-to-learn.

   (f) The following individuals must complete concussion training as specified in the Youth Sports Concussion Safety Act: all coaches or assistant coaches (whether volunteer or a district employee) of interscholastic athletic activities; nurses who serve on the Concussion Oversight Team; athletic trainers; game officials of
interscholastic athletic activities; and physicians who serve on the Concussion Oversight Team.

(g) The Board shall approve school-specific emergency action plans for interscholastic athletic activities to address the serious injuries and acute medical conditions in which a student’s condition may deteriorate rapidly.

2. Comply with the concussion protocols, policies, and by-laws of the Illinois High School Association, including its Protocol for NFHS Concussion Playing Rules and its Return to Play Policy. These specifically require that:

(a) A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.

(b) A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.

(c) If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

3. Require that all high school coaching personnel, including the head and assistant coaches, and athletic directors obtain online concussion certification by completing online concussion awareness training in accordance with 105 ILCS 25/1.15.

4. Require all student athletes to view the Illinois High School Association’s video about concussions.

5. Inform student athletes and their parents/guardians about this policy in the Agreement to Participate or other written instrument that a student athlete and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.

6. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent in continuing to play after a concussion or head injury.

7. Include a requirement for staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.
3. Concussion Oversight Team

Author of Protocols: Kristin Katsenes, District Nurse, Griffin Sonntag, CHMS principal with input from a variety of stakeholders within the district including: PE instructors, teachers, nurses, parents and administrators.

Building teams consist of the principal, nurse, the PE teacher(s), and all d181 employed athletic activity supervisors.

4. Return to Play Protocol

-Governs a student who suffered a concussion return to physical education, interscholastic athletics and school sponsored athletic activities.

-Includes designated responsibilities for administrators, PE teachers, athletic coaches, and school sponsored activity leaders/supervisors.

-Requires the creation of a d181 specific- new Agreement to Participate form and use of the IHSA Return to Play post concussion form.

-Requires additional concussion specific training and educational materials to be provided for administrators, PE teachers, athletic coaches, and school sponsored activity leaders/supervisors.

-Requires the review of building specific emergency plans.

5. Revised Agreement to Participate Form

(See Parents>Forms>”16-17 Agreement to Participate Form” rev. 10/24/16 on d181 website)

6(I). RTP responsibilities of PE teachers, athletic coaches, and school sponsored activity leaders/supervisors

Can be summed up in a checklist that each individual must review, and initial that they reviewed each item:

“Return to Play” Protocol Checklist

*Your initials indicate that you have reviewed each requirement.
<table>
<thead>
<tr>
<th>Requirement</th>
<th>Coach/Supervisor Initials*</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Students who wish to try out/participate in any school-sponsored athletic program must turn in a District 181 16-17 Revised Agreement to Participate Form to the school nurse. Each coach must work out obtaining this copy from the nurse for participation in any athletic activity.</td>
<td></td>
</tr>
<tr>
<td>All Coaches/PE teachers and supervisors of athletic activities must complete mandatory concussion training and submit to the building principal a certificate of completion by <strong>11/18/16</strong>. and submit to the building principal a certificate of completion.</td>
<td></td>
</tr>
<tr>
<td>Any student whom you believe has sustained a concussion must be removed from play immediately, and emergency contact must be notified immediately. If during school hours, building nurse should be notified to come to location to assess student. Building nurse will follow up with providing parent appropriate paperwork if necessary, in order for student to return to play.</td>
<td></td>
</tr>
<tr>
<td>Any student removed from play with a suspected concussion outside of school hours or off-campus, must be referred the next school day to the building nurse; who will assess student and follow up with parent regarding any paperwork that may be required clearing student to return to play.</td>
<td></td>
</tr>
<tr>
<td>A student who has been formally diagnosed with or is suspected of having sustained a concussion by school nurse assessment may not return to any athletic activities or PE until he or she has <strong>(a)</strong> received medical clearance via physician order AND <strong>(b)</strong> parent and student has signed the return to play post concussion form.</td>
<td></td>
</tr>
<tr>
<td>No coach, teacher, activity supervisor, school nurse or parent may medically clear a student to return to play following a formally diagnosed concussion, except for the student’s physician.</td>
<td></td>
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<tr>
<td>I have reviewed our District Emergency Guidelines (flip book page) for responding to acute student injuries.</td>
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</tbody>
</table>
I will ensure that a copy of all students’ emergency contact information is on my person and/or available to me at all times during before/after school practice.

Supervisor/Coach’s Signature: __________________________Date: __________________
Signature of Supervisor of Return to Play Protocol:____________________________

6(ii). RTP Responsibilities of Principals

Ensure that concussion training is provided to each PE teacher, athletic coach, and school sponsored activity leaders/supervisor, and training certificate is obtained/on file for the current year.

Have each PE teacher, athletic coach, and school sponsored activity leaders/supervisor initial and sign/date the Return to Play checklist.

7. Return to Learn Protocol:

- Governs a student who suffered a concussion return to the classroom whether or not the concussion took place in a school sponsored athletic activity.


- Lurie’s Return to Learn Framework recommends a physician note, outlining classroom based and physical activity based recommendations prior to initiating the protocol.

- Each child’s concussion is different, and accommodations should be reviewed with the team to determine appropriateness on a weekly or more frequently as needed basis.

- The school nurse attending weekly team meetings is one way of reviewing and checking progress of student’s accommodations in the classroom.

- Depending on each child’s unique situation, a Section 504 Referral may be initiated.

- The school nurse will complete a Return to Learn Checklist at each review session with the school team and update team as needed with changes to plan:
8(l). RTL Responsibilities of the School Nurse

-Receive notification of student concussion.
-Obtain note from physician with concussion diagnosis and recommendations for school based accommodations
-Contact student’s teachers and schedule time at team meeting to review student’s history, and health/academic needs
-Work off of the Return to Learn checklist (pictured below), using the lower portion to obtain signatures and take notes at team meetings and make copies to distribute plan to all teachers.
-Notify the District Nurse of the student’s physician letter and recommendations for potential 504 referral.
-Notify the District Wide or District Nurse of the team meeting schedule to obtain health office coverage during team meetings.

Return to Learn Checklist

<table>
<thead>
<tr>
<th>Student Name</th>
<th></th>
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<tbody>
<tr>
<td>Grade</td>
<td></td>
</tr>
<tr>
<td>Diagnosis</td>
<td></td>
</tr>
<tr>
<td>Date of concussion:</td>
<td></td>
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<tr>
<td>Physician note:</td>
<td></td>
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<tr>
<td>Medical history:</td>
<td></td>
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<tr>
<td>Medication:</td>
<td></td>
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<tr>
<td></td>
<td>Academic Accommodations</td>
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</tr>
<tr>
<td><strong>Day After-Week 1:</strong></td>
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<tr>
<td>Dates:</td>
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<tr>
<td>______ to ______</td>
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<tr>
<td><strong>Week 2:</strong></td>
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<td>______ to ______</td>
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<td><strong>Weeks 3-5:</strong></td>
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<td>______ to ______</td>
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<tr>
<td><strong>Weeks 6-8:</strong></td>
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<tr>
<td>______ to ______</td>
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</tr>
</tbody>
</table>

School nurse: ______________________ Signature: _________________________

Date initiated: ______________________
Progress Meeting Dates

Initial: ______________
Attendees: ___________________________

Signatures: ___________________________

___________________________
_______________________________
___________________________
_______________________________
___________________________
_______________________________
___________________________
_______________________________

Minutes:
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___________________________________________________________________
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8 (II). RTL Responsibilities of the Principal

- Facilitate the school nurse’s attendance at team meetings
- Assist with modifications to the student’s class schedule or partial day attendance as necessary
- Collaborates with the Pupil Service Administrator and School Social Worker as needed given individual student needs.

9. Concussion Training

All PE teachers, coaches, athletic activity supervisors have been received dedicated concussion training recognition and response, which is aligned to IHSA concussion training standards. For more information about this training please contact Kristin Katsenes; kkatsenes@d181.org.
10. Student Athletes

A student athlete’s safety is our highest priority. By signing the Agreement to Participate Form, student athletes agree to follow our District’s implementation of Return to Learn and Return to Play protocols. If students or parents have any questions about the protocols, or our Agreement to Participate form they are encouraged to contact their building nurse.

11. Parents

Parents will be notified immediately if their student sustains a head injury that is suspected to be a concussion. Nurses and teachers can suspect but not diagnose a concussion; only your child’s physician can make that determination. You will be given advice and steps to take depending on your child’s unique situation.

12. Resources for information about concussions

CDC’s Head’s Up for Parents: https://www.cdc.gov/headsup/parents/

Lurie Children’s Hospital: Concussion Program:

13. Program Administration

IHSA Youth Sports Concussion Safety Act Information:
http://www.ihsa.org/resources/sportsmedicine/concussionmanagement.aspx

“Youth Sports Concussion Safety Act” full text of SB0007: