

Concussion Management Reference for Parent(s) & Guardian(s)

Dear Parent(s)/ Guardian(s),

The school needs to know if a student has sustained a concussion or is having concussion like symptoms resulting from a head trauma or injury that occurred during :

- A school sport.
- A non school sponsored sport
- The school year but is unrelated to sports
- School vacations, weekends, days off, etc

A concussion policy is in place to:

- Ensure your student's physical health and prevent second impact syndrome
- Provide academic accommodations while in school to ensure access to curriculum
- Update health information and keep track of numbers of concussions, as per policy

If your student is suspected of having a concussion:

- A student may be asked to consult a health care provider by the school nurse or trainer. (Parents are encouraged to seek medical attention even before consulting a nurse or trainer for suspicion of a concussion).
- Parents/ guardians are responsible for having a student with concussion symptoms evaluated by a health care provider and submitting medical documentation from health care provider
- A school nurse and trainer will communicate with each other when they have a suspected or diagnosed school sports related concussion.
- The athletic trainer will notify coaches, athletic director, accordingly
- OA and EMS nurses will notify the guidance counselor and guidance counselors will notify teachers. Elementary school nurses will notify teachers.
- As needed, a nurse or athletic trainer will follow up with the student's parent/ guardian or physician.
- Students/ Parents/ Guardians are responsible for letting their teachers know any issues they are having accessing the curriculum so that proper accommodations can be made. (Different concussions can cause different symptoms and different difficulties)
- All medical documents regarding the concussion must be shared with school nurse

Concussion Clearance

Once symptom free for 3 days, OA & EMS students must

- Return to the health care provider and submit a completed Post head injury concussion clearance and authorization form (see below) **and**
- Consult with the trainer and complete Return to Play protocol, as needed for school sports **or** consult with health care provider (HCP) and complete Return to Play protocol with HCP for non sports students

Massachusetts Department of Public Health Concussion information

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/sports-related-concussions-and-head-injuries.html>

Post Concussion Clearance and Authorization form

<http://www.mass.gov/eohhs/docs/dph/com-health/injury/posthead-injury-clearance-form.pdf>

CDC HEADS UP Concussions in Youth Sports initiative

<https://www.cdc.gov/headsup/youthsports/index.html>

Oliver Ames High School website: Athletics information

http://www.easton.k12.ma.us/our_schools/oliver_ames_high_school/athletics.php

Massachusetts Interscholastic Athletic Association- MIAA

<http://miaa.net/miaa/home?sid=38>