

Rationale:

With the Safety and Youth Sports Act (Senate Bill 200), and the increase awareness of concussion and the effects they have on student-athletes physical and cognitive performance, it is imperative that we follow a protocol that will care for our students in the classroom as well as the field. The purpose of the administrative regulation is not only to provide a successful return to competition, but to also the classroom.

Protocol:

1. All coaches must take an approved educational course on concussions prior to their competitive season and attend the preseason informational coaches' meeting. Coaches will not be permitted to coach our student-athletes until they have successfully completed the online course.
2. The Peters Township Athletic Department will offer parents and student athletes a preseason informational meeting on **baseline ImPACT testing, updated knowledge about concussions as a mild traumatic brain injury (TBI), treatment, management, and common signs and symptoms of a concussion. All parents, coaches, and student athletes are strongly encouraged to attend this informational meeting.**
 - a. **Annually, prior to trying out for a sport, all parents and student athletes will be required to participate in and document having successfully completed one of the following, in order for the athlete to practice or play:**
 - i. **Attended the preseason informational concussion meeting organized by the School District or a local school district, if possible;**
 - ii. **Reviewed all information pertaining to concussions provided by the School District (Information will be posted on the website and will include video of the preseason informational concussion meetings available through a Power School login.); or**
 - iii. **Took an approved educational course on concussions (either the coaches' test or the informational course).**
3. All student athletes and students involved in athletic activities as defined in Policy 5143, will be given the baseline ImPact Test prior to their competitive season or activity.
4. Peters Township Athletic Department will provide parents with an informational concussion form, the "Concussion and Traumatic Brain Injury Information Sheet," and a form to be signed by the parent and student athlete, informing them about the signs and symptoms of a concussion developed by the Department of Health and the Department of Education (Section #3 of the CIPPE Form.)

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5. When a student athlete sustains a concussion during a competition or practice, the student athlete must be removed by the athletic trainer, if available, if not by the coach and evaluated by a Licensed Physician trained in concussion management, a Licensed Neuropsychologist, or a Licensed or certified health care professional designated by a Licensed Physician (Athletic Trainer) as defined in Policy 5143.
6. The Athletic Trainer performs a sideline head injury evaluation.
7. If concussion is suspected, parents and the athletic director are to be notified immediately.
 - a. The student should be held out of school for a minimum of two days.
 - b. The same instructions exist for non-athletes.
8. Within 24-48 hours, the student-athlete should schedule a Post-concussion ImPact test with a Licensed Physician for re-evaluation.
 - a. If deficits are found by the physician, the parent and student-athlete will be responsible for providing the school with either a release from the physician when the athlete is able to return to play or a plan for reintroduction to limited activities and a date for re-evaluation .
 - b. The student-athlete will be removed from athletic competition and will be provided with academic accommodations based upon recommendations from the Licensed Physician. The school administration, counselor, and school nurse will meet with the student-athlete and parent(s)/guardian(s) to design and implement the accommodations.
 - c. The student-athlete is also prohibited from attending any extra-curricular activities, unless provided with a clearance from the Physician.
 - d. When a student-athlete is asymptomatic and post-concussion ImPact Test results are within normal limits, the athlete will be put through a series of mild and intense exertion testing to monitor progress.
 - i. If symptoms do reappear, the athlete will be removed from competition and school and be re-evaluated by Licensed Physician.
 - ii. If symptoms do not appear, the school's athletic trainer will continue to progress the athlete to full participation.
9. If deficits are not identified and symptoms are not present the student-athlete is permitted to return to school and athletic activities with a release from the Licensed Physician.
10. Penalties for coaches or trainers who do not remove a concussed athlete from play or whom return an athlete to play without the proper clearance:

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- a. 1st violation- suspension for the remainder of the season
- b. 2nd violation- suspension for the remainder of the season and the following season
- c. 3rd violation- permanent suspension from coaching any athletic activity at Peters Township High School