

## **ATHLETIC CONCUSSION POLICY**

The purpose of this policy is to provide information and standardized procedures for persons involved in the preventions, training management and return to activity decisions regarding students who incur head injuries while involved in extracurricular athletic activities<sup>1</sup>. The requirements of the law apply to all public middle school and high school, serving grades six through graduation. In July of 2010, Massachusetts passed Senate Bill 2496, commonly known as the "Concussion Law", MGL 111:222; 105 CMR 201.000, designed to require schools, parents, and athletes to be educated and have procedures in place regarding concussion reporting. Understanding head injuries is still an inexact science; the CDC describes a concussion as a "traumatic brain injury that comes from a blow to the head." Most concussions occur without a loss of consciousness and simply are not as plainly obvious as a bad broken bone or sprain. Eliminating concussions is next to impossible; in contact sports, injuries of all sorts are inevitable. That makes recognizing head injuries, treating them, and ensuring an athlete is fully healed before he or she returns to the field is absolutely critical. This law requires parents and athletes to receive information about concussions.

Upon the adoption of this policy the School Committee, the Superintendent shall ensure that DPH receives an affirmation on school district letterhead that the district has developed policies and the School Committee has adopted a final policy in accordance with law. This affirmation shall be updated by September 30<sup>th</sup>, 2013 and every two years thereafter upon review or revision of its policies.

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<sup>1</sup> Extracurricular Athletic Activity means an organized school sponsored athletic activity generally occurring outside of school instructional hours under the direction of a coach, athletic director or marching band leader including, but not limited to, Alpine and Nordic skiing and snowboarding, baseball, basketball, cheer leading, cross country track, fencing, field hockey, football, golf, gymnastics, horseback riding, ice hockey, lacrosse, marching band, rifle, rugby, soccer, skating, softball, squash, swimming and diving, tennis, track (indoor and outdoor), ultimate frisbee, volleyball, water polo, and wrestling. All interscholastic athletics are deemed to be extracurricular athletic activities.

The protocol will discuss and outline what a concussion is, the mechanism of injury, signs and symptoms, management and return to play requirements, as well as information on the Second Impact Syndrome and past concussion syndrome.

The protocol shall be reviewed on a yearly basis. Any changes in protocol will be presented to the School Committee and given to the athletic staff, including coaches and other school personnel in writing.

SC First Reading: 03/08/2012  
SC Second Read and Adoption 3/22/12