

HUNTINGTON UNION FREE SCHOOL DISTRICT

Department of Health, Physical Education and Athletics

Concussion Management Procedure for Student-Athletes (7 – 12)

The following will serve as documentation of the procedures being utilized to treat student-athletes who have sustained or are believed to have sustained a concussion injury in the Huntington Union Free School District. In the event that there is any doubt as to whether a pupil has sustained a concussion, it shall be presumed that the pupil has been so injured until proven otherwise:

1. Injured student-athlete is immediately removed from athletic activities, including recess, until further notice
2. Evaluation and completion of the NYSPHSAA Concussion Checklist (see attachment) is made by District Athletic Trainer or sideline MD (if present)
3. EMS is notified if needed. Parent/guardian of student-athlete is notified and provided with copy of completed NYSPHSAA checklist
4. Athletic Director is notified and injury report is generated by Athletic Trainer
5. Follow up phone calls made by Athletic Trainer to monitor progress/regression
6. Referral to appropriate Medical Doctor strongly recommended to parent/guardian within 72 hours of injury
7. Based on Medical Doctor's findings/recommendations, student-athletes participating on JV and Varsity teams will begin Return to Activity Protocol (see attachment) with Athletic Trainer. Student-athletes participating on a middle school team must go through Return to Activity Protocol under the direction of their MD; such recommendations shall be consistent with the directives of the student's treating physician, after the student has been symptom-free for at least 24 hours and in accordance with District policy.
8. Once protocol is completed, Medical Doctor may suggest return to full activity, consistent with the directives of the student's treating physician, after the student has been symptom-free for at least 24 hours and in accordance with District policy.
9. District's Chief Medical Officer (Board-appointed physician) will review the documentation received from the Athletic Trainer and Medical Doctor, and will make the final determination regarding the student athlete's unrestricted return to activity, consistent with the directives of the student's treating physician, when the student has been symptom-free for at least 24 hours and in accordance with District policy.

Return to Activity Protocol for Concussion Management

*Please note that no student shall resume athletic activity until the student has been symptom free for not less than 24 hours, and has been evaluated by and received written and signed authorization from a licensed physician; and for extra class athletic activities, has received clearance from the medical director to participate in such activity.

The following outlines the protocol for gradual return to activity following a concussion injury:

- Begin with light activity exercise such as stationary bicycling, jogging, etc.
- Progress to moderate sport-specific activity such as running, sprinting, etc.
- Incorporate moderate sport-specific activities with non-contact sport-specific drills
- Return to full-contact activity only when recommended by Medical Doctor and upon final determination by District Chief Medical Officer