

MANAGING THE CARE OF STUDENTS WITH ATHLETIC CONCUSSIONS

The North Middlesex Regional School District School Committee wishes to protect its students from the adverse effects of head injury and concussions, therefore, the Committee recommends that the School District comply with the requirements of the Commonwealth of Massachusetts Executive Office of Health and Human Services that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to the following law (Massachusetts General Law, Chapter 111, Section 222) and related regulations (105 CMR 201.000) set forth by the state.

The requirements shall apply to North Middlesex middle and high schools, serving grades six through 12. The requirements of 105 CMR 201.000 shall apply to students who participate in any extracurricular athletic activity.

Definition: A concussion is an alteration of mental status resulting from the brain being jolted inside of the skull due to a blow to the head or body. Among the many symptoms associated with concussion, headache, dizziness, confusion, amnesia, nausea, and disorientation are commonly reported. Loss of consciousness, however, occurs in less than 10% of all injuries and is not an indicator of concussion severity. Also, following the injury, the athlete may experience other difficulties such as sensitivity to light and sound, forgetfulness, fatigue and emotional changes such as anxiety or depression.

Concussion Protocol:

Any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from play immediately and shall not return to play until cleared by an appropriate health-care professional. **Medical personnel and/or the coach on the scene will make the decision to activate the emergency medical system immediately if deemed necessary.** The coach shall communicate the nature of the injury directly to the parent in person or by phone immediately if EMS is activated; and if not, do so after the practice or competition in which a student has been removed from play for a head injury, suspected concussion, signs and symptoms of a concussion, or loss of consciousness. The coach also must provide this information to the parent in writing, whether paper or electronic format, by the end of the next business day.

The athlete must adhere to the following Return to Play Protocol:

1. The student-athlete **shall not** return to the practice or competition during which the student suffered, or suspected to have suffered, a concussion.
2. The student-athlete **shall not** resume extracurricular athletic activity until they have written clearance from the school's health care professional (this person must be a Medical Doctor, Certified Athletic Trainer or other appropriately trained or licensed health care professional), or the family's health care professional.
3. The clearance may not be on the same date on which the student was removed from play.
4. "Away Contest Protocol": If in the event that the Away team does not have an appropriately trained health care professional on staff any student who has sustained a possible concussion is "done for the day" and will not be cleared to re-enter play until seen by a health care professional.

5. Once the student-athlete has been cleared by the appropriate health care professional they will follow the schools 3 Day Return-To-Play protocol. **Please note that if during any of these days signs and symptoms re-appear they will be deemed ineligible and require new clearance for return to play.**

Day 1: The first day back to play will involve exertional activities and drills only.

Day 2: The second day back will involve light contact drills.

Day 3: The third day back will involve contact.

Ref

MGL Ch 111, Sec 222

105 CFR 201.00