

Emery County School District



Policy: JLCEB—Concussion and Head Injury

Date Adopted: 20 July 2011
Current Review / Revision: 20 July 2011

According to the National Federation of State High School Associations and the Sports Medicine Advisory Committee, a concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body.

Continued participation in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

In order to protect students from the serious effects of concussions and head injuries, it is the policy of the Emery County School District Board of Education that if a student exhibits any signs, symptoms, or behaviors that raise suspicion that he or she may have had a concussion, the student must be immediately removed from all physical activity, including sports and recreation.

While parents and coaches are not expected to “diagnose” a concussion, if there are any symptoms and behaviors of a possible concussion, the student must be removed from all physical activity and shall not be permitted to resume activity until cleared by an appropriate health-care professional.

Symptoms of a Concussion Reported by and Athlete (National Federation of State High School Associations):

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

Signs Observed by Parents, Friends, Teachers or Coaches: (National Federation of State High School Associations):

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness

- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after the hit

If there is any doubt as to whether or not an athlete has suffered a concussion, parents and coaches shall not allow the student to continue participation. Parents, coaches and teammates should never encourage a student to “play through” the symptoms of a concussion.

The signs, symptoms, and behaviors of a concussion are not always apparent immediately after the bump, blow, or jolt to the head or body and may develop over a few hours. A student should be observed following a suspected concussion and should never be left alone.

Medical Clearance

Any child suspected of sustaining a concussion or a traumatic head injury shall be immediately removed from participating in a sporting event and shall be prevented from participation until evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion. A qualified health care provider is one that is licensed under Title 58, Occupations and Professions to evaluate and manage a concussion within the health care provider's scope of practice. A written statement shall be required of the health care provider stating that:

- the health care provider has, within the past three years, successfully completed a continuing education course in the evaluation and management of a concussion; and
- the child is cleared to resume participation in school sporting events.

Parent or Guardian Certification

Coaches, teachers, employees, and volunteers responsible for students involved in District-sponsored sports programs, camps, practices and tryouts, as well as physical education classes, shall provide a copy of this policy to parents and shall obtain the signature of a parent or legal guardian, acknowledging that the parent or legal guardian has read, understands, and agrees to abide by the Concussion and Head Injury Policy. (See Exhibit JLCEB-E1 of this policy).

Utah Code 26-53-101

Utah Code 26-53-102

Utah Code 26-53-201

Utah Code 26-53-301