

REGIONAL SCHOOL UNIT #38
MANAGEMENT OF CONCUSSIONS AND OTHER HEAD INJURIES

The Board recognizes that concussions and other head injuries are serious and could result in significant brain damage and/or death if not recognized and managed properly. The Board adopts this policy to promote the safety of students participating in all school co and extra-curricular activities, including but not limited to interscholastic sports.

TRAINING

All school district teaching, support, extra-curricular, and coaching staff must complete training each year in the identification and management of concussion and other head injuries prior to assuming their district responsibilities. The training must be consistent with such protocols as may be identified or developed by the Maine Department of Education (DOE) and include instruction in the use of such forms as the DOE may develop or require.

STUDENT AND PARENT INFORMATION

Annually, at the beginning of each school year and prior to the beginning of each sports season, students and parents of students who will be participating in school-sponsored athletic activities will be provided information regarding:

- A. The risk of concussion and other head injuries and the dangers associated with continuing to participate when a concussion or other head injury is suspected;
- B. The signs and symptoms of concussion and other head injuries; and
- C. The school district's protocols for 1) removal from the activity when a student is suspected of having sustained a concussion or other head injury, 2) evaluation, and 3) return to participation in the activity ("return to play").

The student and his/her parent(s) must sign a statement acknowledging that they have received and read this information before the student will be allowed to participate in any school-sponsored activity, including any co and extra-curricular activities.

MANAGEMENT OF CONCUSSION AND OTHER HEAD INJURIES

It is the responsibility of all RSU #38 staff members and coaches involved in school activities and trained in the signs and symptoms related to concussion or other head injuries, to act in accordance with this policy when the staff member or coach recognizes that a student may be exhibiting such signs, symptoms, and behaviors associated with a concussion.

Any student suspected of having sustained a concussion or other head injury during a school activity including, but not limited to, participation in interscholastic activities, must be removed from the activity immediately. The student and his/her parent(s) will be informed of the need for an evaluation for brain injury before the student will be allowed to return to full participation in school activities including learning.

Any student who is suspected of having sustained a head injury is prohibited from further participation in any school activities until he/she has been evaluated for concussion. If a concussion is suspected, the student must be removed from school activities and evaluated by a licensed health care provider who is trained in concussion management.

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion, unless cleared by a licensed health care professional trained in concussion management.

If a concussion is confirmed, the student will not be permitted to return to full participation in any school activity until medically cleared to do so by a licensed health care provider trained in concussion management. More than one evaluation by the student's concussion trained health care provider(s) may be necessary before the student is medically cleared to return to full participation.

Coaches and other school personnel shall comply with the student's treating concussion trained health care provider's recommendations regarding gradual return to participation. No student will be permitted to return to full participation (competition) until cleared to do so. Students must follow current RSU #38 guidelines for return to play.

If at any time during the return to play program signs or symptoms of a concussion are observed, the student must be removed from the activity and referred to a licensed health care provider trained in concussion management for re-evaluation.

COGNITIVE CONSIDERATIONS

School personnel should be alert to cognitive and academic issues that may be experienced by students who have suffered a concussion or other head injury, including but not limited to:

- difficulty with concentration, organization, long-and-short term memory, and
- sensitivity to bright lights and sounds.

School personnel shall accommodate a gradual return to full participation in academic activities as appropriate, based on the recommendations of the student's concussion trained health care provider and appropriate designated school personnel (e.g., 504 Coordinator).

CONCUSSION MANAGEMENT TEAM

The Superintendent will appoint a concussion management team including a school administrator to be responsible, under the administrative supervision of the Superintendent, to make recommendations related to implementation of this policy. The Concussion Management Team will include an elementary and a secondary school nurse and may include one or more principals or assistant principals, the school physician and such other school personnel or consultants as the Superintendent deems appropriate.

The team shall oversee and implement this policy and related protocols for concussion head injuries based on the generally accepted protocols.

The policy and/or related protocols should be reviewed when generally accepted protocols change.

Cross References: JJIF-G, Guidelines for Concussion Management
JJIF-R, Regulations – Concussion Management
Head Injury Notification
Return to School Protocol – Concussion
Classroom Interventions Concussion – Classroom Intervention Procedures for Teachers
Post-Concussion Step Wise Program – Return to Physical Activity
Concussion Log

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