

**RYE CITY SCHOOL DISTRICT**  
**RYE, NEW YORK**

**5425-R**

**STUDENT CONCUSSIONS AND HEAD INJURIES**  
**REGULATION**

A concussion is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning caused by a blow to the head, face or a blow to the body, involving a sudden jarring of the head. A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured student.

**Rye City School District Comprehensive Concussion Management Plan**

A student suspected of sustaining a concussion or brain injury shall be automatically removed from Physical Education (P.E.) class, recess, practice and games for a minimum of 24 hours to provide the opportunity for assessment. No student who is suspected of having a concussion shall return to play until the criteria to return to play have been met, as stated below.

The District maintains a Concussion Management Team (CMT). The CMT consists of the school physician, school nurse, athletic trainer, a coach of an interscholastic team, a physical education teacher, a Neuropsychologist and Guidance Counselor.

The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will review and and/or design an appropriate plan for the student while the student is recovering.

**\*\*NO STUDENT SHOULD RETURN TO PLAY, P.E. CLASS OR RECESS WHILE SYMPTOMATIC.**

Students are prohibited from returning to play, P.E. class or recess the day the head injury was sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. If a concussion is diagnosed a student must be symptom free for seven days and have a signed release by a treating clinician before she/he can return to play, P.E. class or recess. For grades 7-12, students must also be cleared using the District post impact test. Once cleared, and at the conclusion of the seven-day period, all students K-12 may return to play using the progression listed below.

- Step#1: Light aerobic activity
- Step#2: Sport-specific activity
- Step#3: Non-contact training drills
- Step#4: Full contact practice
- Step#5: Return to play

If any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

Return to Play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to playing including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome ( abnormal brain flow that can result in death), exacerbation of any current symptoms, and possible increased risk for additional injury due to prolonged reactions time and balance issues. The District will follow the New York State Public High School Athletic Association's current Return to Play recommendations.

The Rye City School District shall train school staff including but not limited to coaches, physical education teachers, nurses, athletic trainers, and playground lunch monitors. Everyone will have to complete an approved course on concussion management on a biennial basis.

- School coaches and physical education teachers and lunch monitors must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
- School Nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussion.org>)

The District shall maintain a tracking system to document compliance with the annual training for staff.

The Rye City School District provides concussion information to both the student and their parents or guardians to review on the District website under the Health Services webpage.

For student athletes grades 7-12, the parent or guardian must sign a statement acknowledging that they have reviewed the materials describing the short and long-term health effects of concussion, criteria for removal from and return to athletic participation, and the risk of not reporting the injury and continuing to play.

Adoption Date: July 1, 2013