

STUDENT SPORTS – CONCUSSION AND HEAD INJURIES

The Mary M. Knight board of Directors recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death are significant when a concussion or head injury is not properly evaluated and managed. Therefore, all competitive sport activities in the District will be identified by the administration.

Consistent with Washington law, the District will utilize guidelines developed with the Washington Interscholastic Activities Association (WIAA) and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district will distribute a head injury and concussion information sheet to all parents and guardians of student participants in competitive sport activities. The parent/guardian and student must return a signed acknowledgement indicating that they have reviewed and understand the information provided before the student participates in any covered activity. Until this acknowledgement form is returned and on file with the District, the student may not practice or compete.

All coaches, including volunteers, will complete training as required in the District procedure. Additionally, all coaches or competitive sport activities will comply with WIAA guidelines for the management of head injuries and concussions.

Cross Reference:	Policy 4260	Use of School Facilities
Legal References:	RCW 28A.600 RCW 28A.660	Students Liability of school districts under contract with youth programs.
Management Resources:	<i>Policy News</i> , August 2009	Concussion and Head Injuries Legislation

Adoption Date: October 26, 2008
Mary M. Knight School District No. 311
Revised:
Classification: Essential

Student Sports Concussion and Head Injuries

Concussion and Head Injury Management in Student Sports

- A. Athletic Director or Administrator in Charge of Athletic Duties:
 - 1) *Updating*: Each spring, the athletic director, or the administrator in charge of athletics if there is no athletic director, shall review any changes that have been made in forms required for concussion and head injury management by consulting with the WIAA or the WIAA website. If there are any updated forms, they will be adopted and used for the upcoming school year.
 - 2) *Identifying Sports*: By June 30 of each year, the athletic director or administrator in charge will identify competitive sport activities in the district for which compliance with the concussion and head injury policy is required. A list of competitive sports activities and the district's policy and procedures #3422 and 3422P will be distributed to all coaching staff and volunteers.
- B. *Coach Training*: All coaches shall undergo training in the head injury and concussion management at least one every two years by one of the following means: (1) through attendance at a WIAA or similar clock hour presentation which uses WIAA guidelines; or (2) by completing WIAA online training.
- C. *Parent Information Sheet*: On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition. This information sheet may be incorporated into the parent permission sheet which allows students to participate in extracurricular athletics.
- D. *Coach's Responsibility*: A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be immediately removed from play.
- E. *Return to Play After Concussion or Head Injury*: A student athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from the health care provider. The health care provider may be a volunteer.

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