

PINE VALLEY CENTRAL SCHOOL



Concussion/Head Injury Procedure

Concussions

Pine Valley Central School is very serious about protecting our students from all injuries, but in particular we are aware of the very serious dangers of concussions. A concussion is a brain injury that is caused by a bump, blow or jolt to the head, or even a blow to another part of the body with the force transmitted to the head. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. Concussions range from mild to severe, and no loss of consciousness is required to sustain a concussion. You cannot see a concussion. The signs and symptoms of a concussion may show up right after the injury or may take several hours or even days to fully appear. For this reason, the cooperation and understanding of the player’s parents and/or guardians is critical.

Return To Activity/Play After Head Injury

Once a student is suspected of having a head injury, the following guidelines will be followed:

- Step 1 Student is removed from all physical activity.
- Step 2
 - a. If in school, call nurse to come to student or an adult takes student to health office, nurse accesses student using designated concussion assessment tool and, if necessary, contacts parents who take student to doctor.
 - b. If at a practice/game, the parents, athletic director and/or superintendent are notified by coach, accident report completed and sent to school nurse by beginning of next school day, parents take student to family physician.
- Step 3 If doctor reports no symptoms of a concussion, and student is symptom free for 24 hours, he/she may return to play once **Pine Valley’s school physician** clears.
- Step 4 If diagnosed with a concussion, once student is symptom free and **cleared by school physician**, start Return-to-Play Protocol (see below).

Return-To-Play Protocol

When a student receives medical treatment for a head injury by a nurse practitioner or doctor, the student must be re-qualified or cleared by **Pine Valley’s school physician** before returning to practice, play or competition. Return to play following a concussion involves a step-by-step progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms and possibly increased risk for additional injury due to alteration in balance after a concussion. Once the student is symptom free at rest for 24 hours and has a signed release by **Pine Valley’s school physician**, he/she may begin the return to play progression below (provided there are no other mitigating circumstances).

- Step 1 Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike.
- Step 2 Higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training.
- Step 3 Sport specific non-contact activity. Low resistance weight training with a spotter.
- Step 4 Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.
- Step 5 Full contact training drills and intense aerobic activity.
- Step 6 Return to full activities without restrictions.

A student should only move to the next level of activity if he/she remains symptom free at the current level. Return to activity should occur with the introduction of one new activity each twenty-four (24) hours. If any post-concussion symptoms return, the student should drop back to the previous level of activity, then re-attempt the new activity after another twenty-four (24) hours have passed. A more gradual progression should be considered based on individual circumstances and a private medical provider’s or other specialist’s orders and recommendations with Pine Valley School Physician approval.