

**EASTCHESTER UNION FREE SCHOOL DISTRICT**  
**580 White Plains Road**  
**Eastchester, NY 10709**

**CONCUSSION MANAGEMENT SCHOOL POLICY**

The Board of Education of the Eastchester Union Free School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, the District adopts the following policy to support the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While district staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses and other appropriate staff will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in a school-sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The coach/school nurse/administrator or school physician will notify the student's parents or guardians and recommend appropriate monitoring and follow-up.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the district expects the parent/legal guardian to report the condition to the appropriate school health personnel, such as coach, physical education teacher or nurse, so that the district can support the appropriate management of the condition.

The student shall not return to school or activity until authorized to do so by an appropriate health care professional, but in no event shall a student believed to have sustained or who has sustained a mild traumatic brain injury or concussion return to athletic activity until he or she shall have been symptom free for 24 hours. The school's chief medical officer will make the final decision on return to activity, including physical education class and after-school sports. Any student who continues to have signs or symptoms upon return to activity may be removed from play and re-evaluated by a physician.

# **HEADS UP: CONCUSSION IN HIGH SCHOOL SPORTS**

## **A FACT SHEET FOR PARENTS/ATHLETES**

### **What is a concussion?**

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even a “ding” or a bump on the head can be serious.

### **What are the signs and symptoms?**

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear. If your teen reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### **Signs Observed by Parents or Guardians**

- ❖ Appears dazed or stunned
- ❖ Is confused about assignment
- ❖ 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 hit

### **Symptoms Reported by Athlete**

- ❖ 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

### **What should you do if you think your teenage athlete has a concussion?**

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

2. **Keep your teen out of play.** Concussions take time to heal. Don't let your teen return to play until a health care professional says it's OK. Athletes who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your teen for a lifetime.
3. **Tell your teen's coaches, school nurse and physical education teacher about any recent concussion.** Coaches, school nurse and physical education teacher should know if your teen had a recent concussion in **ANY** sport. These individuals may not know about a concussion your teen received in another sport or activity unless you tell them. Knowing about the concussion will restrict your teen from activities in order to keep him/her safe.
4. **Remind your teen:** It's better to miss one game than the whole season.

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**

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Middle/ High School Health  
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4218

**Health Office Injury Return Notification Form**

Date \_\_\_\_\_

Parent/Guardian of:

Dear Parent/Guardian:

**Re:** \_\_\_\_\_

It is our understanding that your child sustained the injury of \_\_\_\_\_ on \_\_\_\_\_ and that you were notified and or aware of the injury and that medical intervention was recommended. Your child will, therefore, be on **full restrictions** from all physical activities including physical education, clubs that involve physical activity, recess, intramurals, and interscholastic sports, until **our school physician** reviews the following information and determines the student to be eligible.

- Interviews with student, parent, school nurse, coach (as applicable)
- Previous medical history
- Incident Report
- Medical information from private physician
- Neurologist's Report

Our school physician will determine the extent to which the student may participate and the actual return date if known. We will make every effort to review the information in a timely manner. The school physician may ask for further information from your child's private physician; however, the final decision to return to full or partial activity resides directly with **our school physician**. A gradual Return to Play Protocol will be enforced.

It is our goal to make sure that each student can participate when he/she is ready and the school physician will make the **sole determination** of the student's readiness, based on the above information. Your child's health is our first priority. A student will return to full physical activity when authorized by **our school physician**.

Thank you very much for your cooperation in this matter, and we look forward to working together to keep your child safe and healthy.

Very truly yours,

School Physicians:

*Jose Boyer, M.D.*

Jose Boyer, M.D.

*R.N. Matilda Taddeo, M.D.*

Matilda Taddeo, M.D.

School Nurses:

*Candida Ambroseo*

Candida Ambroseo, R.N.

*Lisa Massi*

Lisa Massi, R.N.

*Eileen Egan*

Eileen Egan,

