

SPORTS-RELATED CONCUSSION MANAGEMENT

A student athlete who is suspected of sustaining a concussion or head injury during a practice or game shall be removed from participation at that time. Any student athlete removed from participation shall not be allowed to participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives a written clearance to return to participation from the health care provider (Oklahoma Statue 24-155 of Title 70).

On an annual basis, a concussion and head injury information sheet shall be completed and returned to the participating student's district official supervising athletics at that site by the student athlete and the student athlete's parent/guardian prior to the student athlete's participation in practice or competition. The student athlete may not participate until the form is returned.

The Board of Education shall establish the following minimum penalties for a violation of an employee knowingly allowing a student to participate in activities when suspected of having a concussion, in concussion protocol, or not having a medical release to participate. First violation shall be additional concussion recognition and management education as predetermined by the Board of Education. A second violation shall cause the employee to be suspended from the sport until appearance before the Board of Education or Board of Education appointed review committee. Nothing in this policy restricts the ability of the Administration to permanently remove an employee from an extra-duty assignment.

"Return to Learn" guidelines shall be made available for teachers and relevant school personnel pertaining to athletes who are returning to the classroom after sustaining a concussion or head injury; <https://www.cdc.gov/headsup/schools/teachers.html>

"Graduated Stepwise Return to Athletic Participation" guidelines for team officials pertaining to athletes returning to practice or competition after a concussion or head injury are as follows:

Step 1: Back to regular activities (such as school)

Athlete is back to their regular activities (such as school) and has the green-light from their licensed health care provider trained in the evaluation and management of concussions to begin the return to play process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms.

Step 2: Light aerobic activity

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

Step 3: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting (less time and/or less weight from their typical routine).

Step 4: Heavy, non-contact activity

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

Step 5: Practice & full contact

Athletes may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 6: Competition

Upon receiving a written clearance to return to participation from a licensed health care provider trained in the evaluation and management of concussions the athlete may return to competition.

Additional links to online concussion related programs are:

Centers for Disease Control and Prevention (CDC)

https://www.cdc.gov/headsup/basics/concussion_recovery.html.

National Federation of State High School Associations (NFHS)

<https://nfhslearn.com/courses/concussion-in-sports-2>

Oklahoma State Department of Mental Health or a comparable program or resource.

https://www.ok.gov/health/Prevention_and_Preparedness/Injury_Prevention_Service/CDC_Head_s_Up_-_Concussion,_Recognition_&_Response.html