

Concussion Protocol at Strath Haven Middle School

If a student (athlete or non- athlete) experiences a concussion either while playing sports or while participating in school activities, the following procedure will be followed.

For students that are participating in a sports event and experience a possible concussion, the Coach will need to recognize the event, remove them from the game and refer them to a physician who can evaluate and determine if a concussion has occurred. The athlete's coach will notify the Athletic Director who will notify the school nurse or grade level guidance counselor of the possible concussion.

For students that are participating in a non-sport event such as recess, PE or other non-athletic activities the school nurse may be the first individual who sees the student with complaints suggestive of a concussion. The school nurse will call the student's parent and apprise them of the event and need for medical evaluation.

The signs and symptoms of concussion may include the following:

- Headache
- Nausea
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise, feeling slowed down
- Feeling in a fog
- Difficulty remembering/ confusion

If a concussion is suspected, the following basic accommodations will be instituted (for athletes and non-athletes) prior to receiving official documentation from the Doctor.

- No quizzes or testing
- No sports or PE class
- No recess
- No Band/Chorus/music
- No Smartboard viewing
- No computer use
- Limited reading requirements
- Excused from assemblies or concerts due to noise level
- Alternative to the lunch room if too noisy
- Allow rest periods/breaks from class as needed (outside of classroom if appropriate) Allow access to the nurse

Once we receive official documentation from the student's doctor, the recommended accommodations as listed by the physician will be put in place and followed by the student's teachers.

Either the school nurse or guidance counselor will notify the student's team of the student's concussion and the official accommodations.

Both the guidance counselor and school nurse will work together to monitor the student's academic progress and communicate that information to the parent and or treating physician.

The Districts Concussion checklist can be utilized by the concussed student's physician for clear direction of accommodations. Once the completed checklist is received the school nurse or guidance counselor will communicate to the student's team of teachers what accommodations are to be followed.

The school nurse and or guidance counselor will keep in contact with the student's parent for progress in their student's recovery, or need for modification of their school day.

Students may be brought back to school in a modified class schedule to provide the best brain recovery. The nurse or guidance counselor will continue to communicate with the teachers until the student is fully cleared to return to both full academics and physical activities.

Any student who has experienced a concussion must have written clearance from a licensed physician trained in the evaluation and management of concussions or specialist in order to return to full academic or sport related activities.

