

SUPERINTENDENT'S REGULATION 7-4.1 CONCUSSION PROCEDURES

Background

Virginia Code requires that all school divisions maintain a Policy related to student concussions. School Board Policy 7-4.1 addresses this Code requirement. The following procedures support the School Board's Policy and ultimately to ensure the safety of all athletes and students in our system

Process/Procedures:

Physical Education Concussion Procedures

1. All Physical Education (P.E.) teachers are required to review and complete the National Federation of State High School Association concussion training by September 1st of each school year.
2. All Physical Education teachers will immediately notify the nurse when any student is suspected of having sustained a concussion in a Physical Education class activity.
3. The school Nurse will notify the Parent/Guardian of any student that is suspected of having sustained a concussion. The School Nurse will also notify the P.E. Teacher in writing that the student is not allowed to participate in Physical Education until cleared by a licensed health care provider.
4. The Parent/ Guardian shall be informed that the student will not be allowed to participate in the Physical Education class until the student (a) has been evaluated by an appropriate licensed health care provider, and (b) has provided a written note to the School Nurse that provides clearance for the student to return to participation in a Physical Education class.
5. When the School Nurse is in possession of written clearance for the student to participate in the Physical Education class the student will be allowed to do so. The school nurse will provide the P.E. Teacher with written notification of the date the student is allowed to return to participation in the Physical education class.
6. If a student that is injured in Physical Education is also currently involved in any PHS Sports Program, then that student will have to complete the requirements and abide by the concussion guidelines for PCPS athletic programs.

Poquoson City Schools Athletic Concussion Procedures

It shall be the intent of these procedures to see that no student engaged in an athletic program sponsored by Poquoson City Schools that is suspected of sustaining a concussion shall be allowed to return to participation unless the following Return to Play Guidelines for Concussion (See attachment A) are strictly adhered to and complied with in their entirety.

1. Concussion Education Pamphlet (See attachment B) is distributed to all athletes and their parent/guardians with the VHSL Physical form. A Parent signature sheet (acknowledging receipt of concussion education pamphlet) is also attached and collected with the completed VHSL physical form.
2. All Coaches employed by Poquoson City Schools will complete an annual concussion education course provided by National Federation of High School Coaches Association. This course teaches concussion recognition and standard practice. This course shall be completed prior to the start of the current athletic season.

3. All athletes competing in VHSL sports programs sponsored by Poquoson City Schools are baseline (imPACT) tested within 3 (THREE) weeks of the start date of that season. (Fall, Winter, and/or Spring)
4. If an injury occurs in which a concussion is a possibility, the athlete is referred to the Athletic Trainer by the coach and the Trainer evaluates that athlete. The Trainer will administer the Sport Concussion Assessment Tool (SCAT- Attachment C) as part of the evaluation process.
5. The Return to Play Guideline Procedures outlined in Attachment A are the protocol steps that will be followed by our Athletic Trainer whose services are contracted through Bon Secours Virginia Health Systems.
6. All helmets used in the PCPS Sports programs must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) when purchased new or reconditioned.

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ATTACHMENTS/LINKS:

Attachment A- Return to Play Guidelines for Concussion

Attachment B- Concussion Education Pamphlet

Attachment C- Sport Concussion Assessment Tool

Legal Reference: Code of Virginia S 22.1-271.5