

This district is concerned about the health, safety, and well-being of students, including those who participate in extracurricular activities, contact sports for both girls and boys such as, but not limited to, football, wrestling, soccer, basketball and baseball/softball. In an effort to maintain the health and safety of students, the following guidelines from the Idaho High School Activities Association will be strictly followed:

Action Plan

Coaches, trainers, and other adults associated with a school athletic team will receive appropriate training regarding injuries to student athletes, including concussions.

If a player is suspected of having a concussion, the following steps should be taken:

- 1. Remove athlete from play.*
- 2. Ensure athlete is evaluated by an appropriate health care professional.*
- 3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion. (Fact sheet available from CDC at www.cdc.gov/concussion)*
- 4. Allow the athlete to return to play only with the permission from an appropriate health care professional and the consent of a parent and/or guardian.*

Signs and Symptoms

Signs Observed by Coaching Staff

- 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 vision or fuzzy vision*

- *Sensitivity to light or noise*
- *Feeling sluggish*
- *Feeling foggy or groggy*
- *Concentration or memory problems*
- *Confusion*

Additionally, students with a concussion should NOT return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it is OK to return to play. This means, until permitted, not returning to

- *Physical education class*
- *Sports practices or games, or*
- *Physical activity at recess.*



LEGAL REFERENCE:

Idaho Code Section 33-1625
IHSAA Guidelines
www.cdc.gov/concussions

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ADOPTED: February 5, 2013

AMENDED:

**Language in text set forth in italics is optional.*