

CONCUSSION MANAGEMENT POLICY

Purpose

Old St. Mary's School strives to create an environment, which prevents illness and injury, as well as promotes and maintains physical and emotional health with the goal of maximizing each student's educational experience. In the event of a student head injury, Old St. Mary's has processes in place to foster the appropriate evaluation/treatment by licensed healthcare professionals as well as support the return-to-academics and athletics protocols prescribed by a student's physician. Old St. Mary's School complies with The Office of Catholic Schools *Concussion Protocols Elementary and Secondary School*.

CONCUSSION PROTOCOLS ELEMENTARY AND SECONDARY SCHOOLS (Updated June, 2016)

The Office of Catholic Schools requires all Archdiocesan operated elementary and secondary schools that offer interscholastic athletic activities or interscholastic athletics under the direction of a coach, athletic director or band leader to develop and implement protocols to manage student concussions and head injuries on or before September 1, 2016, in accordance with the Illinois *Youth Sports Concussion Safety Act*.

To comply with the Illinois Youth Sports Concussion Safety Act, each school is required to:

1. Create a Concussion Oversight Team ("COT") and Appoint its Members. The School Principal shall appoint individuals to the COT and supervise the COT.
 - a. Function of COT. The COT must establish and implement the following concussion/head injury protocols on or before September 1, 2016:
 - i. A return-to-play protocol governing a student's return to interscholastic athletics practice or competition following a concussion or suspected concussion.
 - ii. A return-to-learn protocol governing a student's return to the classroom following a concussion or suspected concussion, whether or not the concussion resulted from student participation in an interscholastic athletic activity.

Both the return-to-play and return-to-learn protocols must be based on peer-reviewed scientific evidence consistent with guidelines from the Centers for Disease Control and Prevention.
 - b. Members of COT. The COT must include, at a minimum, one member who is responsible for implementing the return-to-play and return-to-learn protocols. If practicable, a physician must be appointed to the COT. If the school employs a nurse and/or athletic trainer, these individuals must be appointed to the COT to the extent practicable.
2. Require each student and the student's parent/guardian to sign a concussion information receipt form each school year before allowing the student to participate in an interscholastic athletic activity.
3. Inform student athletes and their parents/guardians about this policy in a written instrument that a student athlete and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.

4. Remove a student from an interscholastic athletic practice or competition immediately if any of the following individuals believes that the student sustained a concussion during the practice and/or competition: a coach, a physician, a game official, an athletic trainer, the student's parent/guardian, the student, or any other person deemed appropriate under the return-to-play protocol.
5. Return a student who was removed from interscholastic athletic practice or competition only after: (1) medical evaluation by a treating physician or athletic trainer under the supervision of a treating physician; (2) successful completion of requirements of both the return-to-play and return-to-learn protocols; (3) written statement from treating physician or athletic trainer under the supervision of physician stating it is safe for the student to return to play and learn; and (4) parents provide a written statement from parent/guardian acknowledging that the student successfully completed the return-to-play/learn protocols to return to play together with the physician's written statement noted in item 3 herein and a signed post-concussion consent form to the school principal. A head coach or assistant coach may not authorize a student's return-to-play or return-to-learn.
6. Require all coaches or assistant coaches (whether volunteer or employee) of interscholastic athletic activities; nurses who serve on the COT; athletic trainers; game officials of interscholastic athletic activities; and physicians who serve on the COT to complete concussion training. Coaches and game officials must complete at least 2 hours of concussion training provided by an individual or organization approved by the IHSA at least once every 2 years. Nurses must take a continuing education course concerning concussions approved by the Department of Professional Regulation at least once every 2 years. An athletic trainer must take a concussion related continuing education course from an athletic continuing education sponsor approved by the Department of Professional Regulation.
7. Develop/Approve a school-specific emergency action plan for interscholastic athletic activities to address the serious injuries and acute medical conditions in which a student's condition may deteriorate rapidly. The plan must be: (i) in writing; (ii) reviewed by the COT; and (iii) approved by the principal; (iv) provided to all personnel; (v) posted at all venues used by the school; and (vi) reviewed annually by coaches, nurses, athletic directors, first responders and volunteers for interscholastic activities.
8. Require all **high school coaching personnel**, including the head and assistant coaches, and athletic directors to complete online concussion awareness training in accordance with 105 ILCS 25/1.15 and obtain a certificate evidencing the training was completed.
9. Require all student athletes to view the Illinois High School Association's video about concussions.
10. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent in continuing to play after a concussion or head injury.
11. Require staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.

LEGAL REF.: 105 ILCS 5/22-80
105 ILCS 25/1.15.

Procedure:

Old St. Mary's School will comply with *Concussion Protocols Elementary and Secondary Schools* provided by the Archdiocese of Chicago.

Concussion information and forms distributed by Old St. Mary's School are provided by the Illinois Elementary School Association and the CDC.

Emergency Action Plan (Illinois High School Association):

The Emergency Action Plan is implemented in the event of an emergency.

Role of First on the Scene:

Control scene (gain access to athlete)

Initial assessment (to determine breathing, consciousness, pulse status)

Detailed assessment (to determine extent of injury/illness)

Send designated coach to summon help if needed:

EMS: Call 911 Location
 Old St. Mary's Gym
 1500 S. Michigan Ave
 Chicago, IL 60605

On-site supervisor: Call Athletic Director
 Call School Principal

Initiate immediate care to the sick or injured athlete