

CONCUSSION IN SPORT PROCEDURE: RICHLAND COUNTY SCHOOL DISTRICT TWO

Rationale for Richland Two Concussions in Sport Procedure: In accordance with the 2013 South Carolina Concussion Law, Richland Two establishes the following procedure regarding the evaluation, management, and return-to-play decisions for athletes participating as a member of any school sponsored SCHSL-sanctioned team (including cheerleaders).

Foundational Basis for Concussion in Sport Procedure: The Richland Two Concussion in Sport Procedure is consistent with the recommendations of the 4th International Conference on Concussion (Zurich 2012), National Athletic Trainers' Association, American Academy of Pediatrics, and the National Federation of High School Associations. Furthermore, the procedure is modeled after the guidelines approved by the South Carolina Athletic Trainers' Association, the South Carolina Medical Association's Medical Aspects of Sport Committee, and the Brain Injury Association of South Carolina.

Implementation of Concussion in Sport Procedure: The Richland Two Concussion in Sport Procedure provides a framework rooted in current standards, but allows details regarding implementation based on personnel, resources, and philosophies to be tailored to the needs of each district school. The head athletic trainer at each high school in Richland Two will develop and maintain a ***Concussion Management Plan*** for athletes served by their athletics department. The plan must be reflective of current scientific & medical literature and incorporate "best practice" guidelines for identification, management, & return-to-play decisions for concussions. The plan must be reviewed annually.

Required Components for Concussion Management Plan

Education

- Annual education regarding concussion for parent, athlete, and coach provided by school personnel (written, electronic, or on-site programs).
- Coaches (paid and volunteer) will complete the National Federation of High School's concussion course on an annual basis, in accordance with South Carolina High School League rules.
- Education must be documented in writing.

Evaluation

- An athlete displaying signs or symptoms of concussion will be evaluated by a healthcare provider approved by the SC Concussion Law (physician, athletic trainer, nurse practitioner, or physician assistant).
 - If no approved healthcare provider is immediately available, the athlete will be removed from participation by the coach until evaluation by an approved healthcare provider can be conducted.
- Healthcare provider must use a standardized concussion assessment instrument.
- Parent of an athlete determined to have signs or symptoms of a concussion will be contacted and counseled regarding management of the injury by school personnel (coach or athletic trainer).

Return to Play (RTP)

- **Any athlete determined to have signs or symptoms of a concussion may not RTP on the same day of injury.**
- **After diagnosed with concussion, the following criteria must be met:**
 - **Asymptomatic at rest.**
 - **Cleared by physician to begin RTP protocol.**
 - **Asymptomatic completion of a graduated RTP protocol.**
 - **Written release from physician before returning to full activity.**

Helmet Replacement and Reconditioning

- **All protective equipment will be NOCSAE certified when purchased.**
- **All protective equipment will be reconditioned by NOCSAE standards.**

Academic Considerations

- **Teachers of a concussed athlete will be notified by the school's athletic trainer or nurse.**
- **Academic accommodations prescribed by the treating physician will be provided to the teachers of a concussed athlete.**
- **Teachers of a concussed athlete will follow the academic accommodations of the treating physician.**