



CONCUSSION AND HEAD INJURY POLICY AND PROCEDURES

Saint Ignatius High School recognizes the seriousness and potentially long-lasting effects of concussions and head injuries in teens and takes seriously its obligation to educate parents, students and our school community. The following policy outlines the steps our school will take to prevent and address concussions and head injuries in sports and other school activities.

1. Notification, Education and Training

All parents or guardians will receive annually a copy of the Ohio Department of Health Concussion Information Sheet and must sign a written acknowledgment verifying that they have received and reviewed the information. A copy of the Ohio Department of Health Concussion Information Sheet is available at www.healthyohioprogram.org/concussion. The document contains important information about signs and symptoms of concussions, the dangers of returning to school and activities too soon, and the need for gradual recovery and return.

All coaches, trainers and others involved with sports will receive training regarding recognizing the signs of a concussion or head injury, precautionary measures to avoid injuries and the necessary procedures to take in the event of such an injury.

2. Removal from Practice or Competition

Any student who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the activity and shall not return to practice or play until cleared with written authorization by a physician or licensed healthcare provider as set forth under Ohio law and OHSAA regulations as applicable.

Immediate medical attention will be sought.

3. Return to School and Play

In order to return to school, practice and play, the student must receive written clearance from a doctor or licensed health care provider that it is safe for the student to return. Under no circumstances will a student be permitted to return to play sooner than 24 hours after the episode, regardless of whether it has been determined that the student did not experience a concussion. In most instances, a gradual recovery progression will be required, which may include a step-by-step exercise-based progression.

Progression of recovery from a concussion or head injury is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include but are not limited to: previous history of concussion, duration and type of symptoms, age of student, and sport/activity in which the student participates. A student with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport should be progressed more slowly. The Ohio Department of Health Concussion Information Sheet contains a sample activity progression.

Making the determination that an athlete is ready to begin implementing the graduated return to activity protocol is a medical decision. However, the school's Concussion Management Team plays a critical role in deciding to return a student to activity - both academics and athletics. The Concussion Management Team includes teachers, counselors, school nurse, administration, and an athletic department representative. Communication among the Concussion Management Team, the parents or guardians, healthcare provider and the student will provide a more complete picture as to the student's plan of progression and recovery.

Even if a student has obtained written clearance to return, the Concussion Management Team has the authority to prevent a student from participating in an activity if signs, symptoms or behaviors of the concussion are still apparent in the academic setting or during physical activity. It is our school's policy to exercise an abundance of caution and to err on the side of limiting return.

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In addition to obtaining written medical clearance, the parents or guardians may be required to sign a Return to Play Acknowledgment and Waiver form.