

# Board Policy

## Concussion Management

The Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents. The physical and mental wellbeing of Eastern Suffolk BOCES students is of primary concern. Therefore, the Board adopts the following policy to support the proper evaluation and management of concussion injuries.

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as his/her other pursuits.

### **Staff Training/Course of Instruction**

All ESBOCES physical education teachers and nurses shall complete a course of instruction every two (2) years relating to recognizing the symptoms of concussions or MTBIs and monitoring and seeking proper medical treatment for students who suffer from a concussion or MTBI.

Components of the training will include:

1. the definition of MTBI;
2. signs and symptoms of MTBI;
3. how MTBIs may occur;
4. practices regarding prevention; and
5. guidelines for the return to ESBOCES and ESBOCES activities for a student who has suffered an MTBI, even if the injury occurred outside of ESBOCES.

The course can be completed by means of instruction approved by SED, which include, but are not limited to, courses provided online and by teleconference.

ESBOCES will provide a link on its website to the guidelines for the return to ESBOCES and ESBOCES activities for a student who has suffered an MTBI, even if the injury occurred outside of ESBOCES.

### **Identification of Concussion and Removal from ESBOCES Physical Education Classes and Recess Activities**

ESBOCES shall require the immediate removal from all ESBOCES physical education classes and recess activities of any student who has sustained, or is believed to have sustained, a MTBI or concussion. Any student demonstrating signs, symptoms, or behaviors consistent with a concussion while participating in a class, game, or extracurricular activity shall be removed from the class, game, or extracurricular activity and must be evaluated as soon as possible by an appropriate licensed healthcare professional. Such removal must occur based on display of symptoms regardless of whether such injury occurred inside or outside of ESBOCES. If there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been injured until proven otherwise. ESBOCES shall notify the student's parent/guardian and recommend appropriate evaluation and monitoring.

### **Return to ESBOCES Physical Education Class and Recess Activities**

The student shall not return to ESBOCES physical education class and recess activities until he/she has been symptom-free for not less than twenty-four (24) hours and has been evaluated and received written authorization from a licensed healthcare provider. All such authorizations shall be kept on file in the student's permanent health record. The standards for return to activity will also apply to injuries that occur outside of ESBOCES. ESBOCES staff should be aware that students may exhibit concussion symptoms caused by injuries from outside activities and that these visible symptoms also indicate a removal from ESBOCES physical education class and recess activities.

ESBOCES shall follow any directives issued by the student's treating healthcare provider with regard to limitations and restrictions prescribed for the student. The ESBOCES Supervising Nurse may also formulate a standard protocol for treatment of students with concussions during the instructional day.

In accordance with NYSED guidelines, this policy shall be reviewed periodically and updated as necessary in accordance with New York State Education Department guidelines. ESBOCES, in consultation with the ESBOCES Supervising Nurse and other appropriate staff, may develop regulations and protocols for strategies to prevent concussions, the identification of concussions, and procedures for removal from and return to ESBOCES activities or academics.

#### **References:**

- Concussion Management and Awareness Act
- 8 NYCRR 135.4 and 136.5
- [NYS Education Law §§ 207, 305\(42\), and 2854](#)
- [Guidelines for Concussion Management in the School Setting \(SED Guidance Document - June, 2012\)](#)
- Board Policy 6101 – Concussion Management
- Administrative Regulation 6101R.1 – Strategies to Prevent Concussions
- Administrative Regulation 6101R.2 – Comprehensive Concussion Management