

# Board Policy

## Concussion Management

A concussion is a type of mild traumatic brain injury (MTBI) caused by a bump, 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 their athletic pursuits. As such, ESBOCES supports the proper evaluation and management of concussion injuries.

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

All ESBOCES physical education teachers and nurses shall complete a course of instruction every two 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.

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

Each ESBOCES physical education teacher, nurse, and other appropriate personnel who work with and/or provide instruction to students in ESBOCES-sponsored athletic activities will complete a training every two 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. Since concussion symptoms may manifest themselves in any setting, all staff will be encouraged to take the online training and be alert for students who may display or report concussion symptoms.

Components of the training will include, but not be limited to:

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 training must be completed by means of instruction approved by the New York State Education Department (NYSED), which include, but are not limited to, courses provided online and by teleconference.

Each time a staff member completes this training or a related professional development course, they must forward proof of completion to a designated ESBOCES staff member who will enter the information into the ESBOCES existing system for tracking completed trainings and

professional development courses. The system will also use an email to remind staff of the need to complete the training as needed.

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

ESBOCES requires 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 healthcare professional. This 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 will be presumed that the student has been injured until proven otherwise. ESBOCES will notify the student's parents and recommend appropriate evaluation and monitoring.

ESBOCES may, in collaboration with its Medical Director, allow credentialed ESBOCES staff who are appropriately licensed or certified healthcare professionals and credentialed to use validated neurocognitive computerized testing to review and obtain baseline and post-concussion performance data. These tools are not a replacement for a medical evaluation to diagnose a concussion or clear a student to return to activities. ESBOCES must seek authorization from the parents prior to the testing. Additionally, parents should be given a copy of the results.

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

A student will not return to ESBOCES physical education class and recess activities until they have been symptom-free for at least 24 hours and have been evaluated and received written and signed authorization from a licensed healthcare provider. This written authorization should be sent to ESBOCES for review by the ESBOCES Medical Director. Additionally, the ESBOCES Medical Director has the final authority to clear students to participate in or return to physical education class and recess activities. All authorizations will 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 will follow any directives issued by the student's treating healthcare provider with regard to limitations and restrictions prescribed for the student. ESBOCES will also develop a coordinated communication plan among appropriate staff to ensure that the private provider's orders for post-concussion management are implemented and followed, and for students to resume participation in athletic activities with the ESBOCES Medical Director's approval. The ESBOCES Supervising Nurse will work to ensure that all necessary staff receive the information they need to care for and work with the injured student.

The ESBOCES Medical Director and other licensed healthcare professionals employed by ESBOCES will also establish a procedure and treatment plan to be utilized by ESBOCES staff

who may respond to students or staff with possible concussions during the instructional day or at an ESBOCES-sponsored event.

In accordance with NYSED guidelines, this policy shall be reviewed and updated at least every three years or with updates to guidance. ESBOCES has developed 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:**

- NYS Education Law Section 305(42)
- 8 NYCRR Sections 135.4 and 136.5
- Guidelines for Concussion Management in Schools, NYSED Guidance Document, 2022
- Administrative Regulation 6101R.1 – Strategies to Prevent Concussions
- Administrative Regulation 6101R.2 – Comprehensive Concussion Management

First Adopted: 10/17/2012  
Revised: 9/18/2024