

## CONCUSSION POLICY

The Londonderry School Board recognizes that student-athletes are at risk of suffering concussions while participating in school athletics. The Board also understands the importance of educating students, parents and school staff about the risks of concussions and the need for careful handling of the post-injury healing process.

### **A. Concussion Information to Parents and Student-Athletes**

The Athletic Department will distribute this policy and a concussion and head injury information sheet to all student athletes at sign-ups or try-outs for each sport or at the orientation program for each sport. A parent/legal guardian and the student-athlete must submit a signed acknowledgment indicating that they have reviewed and understand the information provided before being permitted to play in regular season games.

In addition to the above, beginning in the 2013-2014 school year, all athletes and parents must take the Centers for Disease Control and Prevention (free) online course Heads Up: Concussion in Youth Sports and provide the certificate of completion in order to participate in either middle school or high school athletics. Thereafter, athletes and their parents must provide the certificate of completion once during their attendance at middle school and once during their attendance at the high school. All new athletes and their parents must complete the course and provide the certificate of completion prior to athletic participation. This requirement is in addition to the signed Head Injury Information Sheet/Acknowledgement as described above. The free online course can be found at [http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

### **B. Student-Athletes with Suspected Concussions**

Coaches are required to be alert to situations where a student-athlete may have suffered a concussion or head injury. However, there may be situations where a coach may not have observed an incident which could result in a concussion or head injury. Student-athletes and parents are required to report to the coach any incident which may result in a concussion or head injury, or any possible symptoms.

1. Any student-athlete who is suspected of sustaining a concussion or head injury in practice or in a game shall be immediately removed from play.
2. The student-athlete shall not return to play in either practice or in a game until he or she is evaluated by a health care provider and receives a written medical authorization to return to play.
3. The student-athlete's parent/guardian must also complete and sign the Londonderry Parental Permission to Return to Play form.

Legal Reference: RSA 200:50

Adopted: November 8, 2012