

## Somerville Schools Concussion Management Plan

### **1. Remove the student from ALL physical and strenuous activity- sports, recess, dance, band or orchestra.**

A concussion is a mild traumatic brain injury -“Dings” , “having your bell rung” or any other blows to the body causing symptoms even just for a few minutes should be taken seriously. Students should be closely monitored as new symptoms may emerge or worse over the first 24 hours.

### **2. Ensure that the student is evaluated by an appropriate health care professional**

- Refer all students with possible concussions to the School Nurse and/or Certified Athletic Trainer for cognitive and functional testing
- Following evaluation using the SCAT 3 all students will be referred to their primary care provider

### **3. Inform the student’s parent or guardian about the head injury and provide written information on concussion care.**

- All Students who have been evaluated will be provided with written information on concussions and our management guidelines. They will also be given paperwork for their primary care physician.
- It is highly recommend to keep all students home for a few days following a concussions– students who symptoms are too high to be stay in school will be sent home and or placed on a half day schedule
- Any student on a half day or no school plan is not allowed to attend any school extracurricular activities.

### **4. All Students will be given a gradual re-entry academic plan with various accommodations to reduce work load and limit cognitive activity.**

- School administrators and teachers will be provided with instructions electronically. A plan to complete work or exams will be made upon clearance.

### **5. Students will not be cleared for physical activity, field trips or extracurricular activity until providing written clearance from their physician and school nurse or certified athletic trainer. Students must be completely symptom free, back to baseline test scores and have improved balance for clearance. Student athletes will follow a 6 step progression back to activity. Non student athletes will be symptom free for one week before returning to physical activity in school.**

- Student whose symptoms do not resolve in 48 hours, or whose symptoms increase within a 24-72 hour period will be referred to a specialist. Our Sports Medicine consultant, Dr. Jeffrey Kreher, is available to evaluate.

**A student-athlete who receives a second concussion within the same school year is automatically ineligible to compete and will be referred for further testing.**

*These guidelines have been compiled from the NATA (National Athletic Trainers’ Association) position statement on concussions, the CDC (Centers for Disease Control), and the Zurich concussion consensus. Approved by the Somerville Public Schools School Committee.*