



Mission

Saint Bernard's Central Catholic High School is committed to the safety of all our student athletes. The purpose of this policy is to educate our coaches, parents, administrators, school personnel, volunteers and student athletes on the seriousness of brain injuries and concussions.

We have been informed by the Massachusetts Department of Public Health (MDPH) that while these policies are not subject to MDPH review, they must be in accordance with MDPH regulations. Saint Bernard's C.C.H.S. will be submitting affirmations to MDPH documenting that we have complied with the regulatory requirement to develop appropriate head injury policies. We will then update and submit this affirmation by September 30, 2015 and every two years thereafter.

Saint Bernard's C.C.H.S. seeks to prevent concussion and provide a safe return to activity for all students after an injury, particularly after a head injury. In order to effectively and consistently manage these injuries, the Athletic Department abides by the following procedures that have been developed to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day, including academic assistance, and are fully recovered prior to returning to athletic activity.

Person Responsible for Implementation of Policy

Saint Bernard's C.C.H.S. has designated its Athletic Director as the administrative authority to oversee the implementation of these policies and protocols governing the prevention and management of sports-related head injuries. In addition, the Athletic Director will be responsible for;

- (1) Supporting and enforcing the protocols, documentation, training and reporting outlined in this policy;
- (2) Supervising and reviewing that all documentation is in place;
- (3) Reviewing, updating and implementing policy every two years and including updates in annual training and student and parent handbooks.

Concussion Training Requirement

On a yearly basis, all coaches [paid and/or volunteers], and all student athletes with Saint Bernard's C.C.H.S. must complete the online course "Concussion In Sports: What You Need to Know" prior to the start of the upcoming school year and/or sport season. Concussion certificates for each individual coach and player must be submitted to the Athletic Department where it will be kept on file.

- Concussion Online Course
 - <http://www.nfhslearn.com/index.aspx>

On a yearly basis, all parents and guardians of student / athletes must familiarize themselves with the concussion policy of Saint Bernard's C.C.H.S. They must also provide documentation on any previous head injuries sustained while at Saint Bernard's or as a participant of any other sports program or must provide information on any other head injury sustained in any manner.

- Parent Information Regarding Concussions
 - http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf
 - http://www.cdc.gov/concussion/pdf/quiz_Eng.pdf

All information regarding courses and subject matter regarding concussion will be made available on the school web site and will also be noted in school wide E-letters sent throughout the year.



Physicals and Athletic Department Paperwork

All students intending to participate in a sport while at Saint Bernard's C.C.H.S. are required to have a current physical on file with the Athletic Department. A current physical is one which has been administered within the past 13 months.

All students intending to participate in a sport while at Saint Bernard's C.C.H.S. are required to complete and submit all Athletic Department paperwork which includes; Emergency Contact Information, Travel Authorization and Inherent Risk forms, Concussion Certificate and Pre-Participation Head Injury /Concussion Reporting Forms.

All athletes are to note any previous head injuries, allergies, surgeries and any other medical information which may be important for an EMT, first responder and/or physician to understand in the event of a medical emergency.

All forms must be completed in full, including signatures of both the athlete and at least one parent/guardian, prior to participation in any athletic activity.

Concussion Management

On game days, the on-site EMT will determine whether or not an athlete is capable of returning to play.

On practice days, when no EMT is on-site, the coach along with the Athletic Director will determine a player's eligibility to return to practice. 'When in doubt sit them out' will be the standard for any decision regarding head blows.

Head injuries or suspected concussions (after a bump, blow or jolt to the head or body) sustained during athletic activities must be reported by the coach as soon as possible to the Athletic Department. Athletes who experience signs or symptoms of a concussion should not be allowed to return to play.

The coach or Athletic Director will contact the parent[s] of the injured athlete and appraise them of the seriousness of the injury, what medical attention was administered at the site and whether the player needs to be transported to an area hospital.

The coach is to complete and submit an 'Injury Report Form' and the 'Report of Head Injury' forms to the Athletic Department within 24 hours.

Concussion Recognition, Symptoms Reported by Athlete:

- Severe or increased headache.
- Nausea and/or vomiting
- Balance problem or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Signs Observed by Coach and/or Medical Personnel:

- Appears dazed/stunned
- Is confused about assignment or position
- Forgets sports play
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly

- Loses consciousness
 - Can't recall events prior to incident
 - Can't recall events after the incident
 - Shows behavior/personality change
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Medical Clearance for Return to Play

If an athlete is removed from play for a suspected concussion, he or she must be medically cleared and evaluated before returning to play/ practice. If the student was diagnosed with a concussion, the medical clearance can only be provided after he or she has completed a graduated return to play plan indicating they are ready to resume graduated and eventual full physical play.

Graduated Return to Play.

When a student athlete is completely symptom-free at rest and has the approval of a medical professional, she/he may begin a graduated return to play protocol. The return to play schedule for the student should proceed as follows and should be monitored by the athletic director and coach.

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Step 2: Aerobic exercise such as running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

Step 4: Full-contact controlled training followed by practice or training.

Penalties

Saint Bernard's C.C.H.S. takes the safety of student athletes seriously. All members of the school athletic department are expected to follow these policies and protocols to support the health and safety of student athletes. The underlying philosophy of these policies is "when in doubt, sit them out." Failure to comply with the letter or spirit of these policies could result in progressive discipline for staff and/or forfeiture of games. If students or parents have concerns that the policies are being violated, they should contact the Headmaster and/or Principal and also place their complaint in writing with a request for resolution.

MATERIALS

PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM

- <http://www.mass.gov/eohhs/docs/dph/com-health/injury/preparticipation-reporting-form.pdf>

REPORT OF HEAD INJURY DURING SPORTS SEASON

- <http://www.mass.gov/eohhs/docs/dph/com-health/injury/in-season-report-form.pdf>

POST SPORTS-RELATED HEAD INJURY MEDICAL CLEARANCE AND AUTHORIZATION FORM

- <http://www.mass.gov/eohhs/docs/dph/com-health/injury/posthead-injury-clearance-form.pdf>

CONCUSSION ON LINE COURSE

- <http://www.nfhslearn.com/index.aspx>

PARENT INFORMATION REGARDING CONCUSSIONS

- http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf
- http://www.cdc.gov/concussion/pdf/quiz_Eng.pdf

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION (M.I.A.A.)

- miaa@miaa.net
 - Sports Medicine
 - Concussion Information