



Holton-Arms School Concussions and Head Injuries Policy

Overview

Holton-Arms School is committed to the safety of all students participating in the School's sports and athletics programs. An essential part of ensuring the safety of all School sponsored programs is confirming that each student is healthy and medically able to participate fully. Concussions are medical conditions which are taken seriously by the School. As defined by the Center for Disease Control, a concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way a brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Before a student will be allowed to participate and as a condition of continued participation in Holton-Arms sponsored sports or athletics programs and or Physical Education and/or Athletics in grades 3-12, the School must have on file a "Consent for Administration of ImPACT Assessment, Release of Information and Concussion and Head Injury Form" ([Attachment A](#)) executed by the parent and or legal guardian of the participating student granting the School permission to administer the Immediate Post-concussion Assessment and Cognitive Test as described below and confirming the agreement to comply with the School's policies and procedures related to participation in the School's sports or athletics programs and or Physical Education and/or Athletics before, during and following a concussion.

Attached to this policy is the Center for Disease Control's "Head's Up" concussion information sheet ([Attachment B](#)). This document contains important information on the treatment and identification of concussions. Concussions and head injuries may vary depending on the individual student, the severity of the concussion, and the mechanism of the injury. As a result, while guidelines have been established to respond to and address concussions, the School retains the right to address each situation in a manner that best serves the School and the student.

Administration of the ImPACT

The School will administer the ImPACT to all students that enter the seventh and ninth grade or who are new to the Upper School at Holton-Arms. ImPACT is an assessment tool that is used in determining an athlete's ability to return to play after suffering a concussion. Obtaining a pre-concussion assessment allows a more effective evaluation in the case of a concussion. The ImPACT, will be administered by a certified athletic trainer (ATC). The student will be required to retake the baseline exam when they enter into the eleventh grade.

- Upper School athletes (ninth, eleventh, and new students) will take the ImPACT baseline test during the first week of preseason sports in the fall. The test will be given under the supervision of the ATC.
- All Upper School non-athletes, seventh graders and new eighth grade students will take the ImPACT test during the first week of school during study hall under the supervision of the ATC.

The ATC and School Nurse will hold an in-service session for all student-athletes and coaches during the first week of the season at a time and location that is convenient.

The ATC and School Nurse will meet with the faculty to discuss concussions and associated

risks. This will take place once a year at a mutual location and time of convenience.

Procedures for Students Suffering a Concussion

Any student-athlete suspected to have suffered a concussion at any time whether during a school sponsored activity or during a non-school sponsored activity, may be required to see the ATC for evaluation during the school activity, prior to or upon her return to school. In the event that an injury occurs and a student is suspected of suffering a concussion the student's parents/legal guardians will be notified as soon as possible. The ATC and other School professionals involved in the treatment or response to concussions will follow the internal School procedures established to respond to concussions.

While parties may differ as to whether or not a student should be allowed to participate in school sponsored athletic activities, the decision as to whether a student shall be allowed to play in any game or participate in any School sponsored activity shall be the sole and exclusive decision of the School. While a student's parents/legal guardians may give permission for the student to participate and a personal physician may clear a student-athlete, Holton-Arms has the final say as to when the athlete will return to play.

Return to Play Protocol:

The student who has suffered a concussion or is expected of suffering a concussion will meet with the ATC to discuss the process she will need to follow prior to being cleared to return to play. The student will be provided with a school and home post-concussion protocol including documents describing the procedures. When a student athlete has suffered a concussion or was suspected of having a concussion, she will take the ImPACT test one week after the initial post injury test. The student will be re-tested once she the student is asymptomatic. The student-athlete is expected to check-in with the ATC once a day when she is at school after experiencing a concussion and must comply with the process as outlined by the ATC in order to be cleared to play.

Students are required to disclose fully and completely all symptoms they experience during and after a concussion. Denying, omitting or misrepresenting the existence of symptoms may impact the student's continued participation in the School's athletics program. Returning to play will be at the sole and exclusive discretion of the School in consultation with the ATC the school nurse and/or team physician. Information provided by the student's personal physician will be taken into consideration but Holton-Arms will have the final decision as to when the athlete will return to play.

Academic Accommodations:

When a student has experienced a concussion there may be the need to provide her with academic accommodations following the injury. Such accommodations will be established on a case by case basis by the School. The school will consider information provided by the student's physician and other professionals outside of the school who may be working with the student. The continuation of the accommodations shall be reviewed by the School on a regular basis to determine the student's ability to fully participate in the School's program.