

## SECTION II: GENERAL & MISC INFORMATION













### **ADVERTISING & OUTSIDE ACTIVITIES**

No announcements nor postings of outside activities, causes, businesses, etc will be permitted without the approval of school leadership.

### **CONCUSSION IDENTIFICATION & PROTOCOL - [See Board Policy #5340 & #5340.01](#)**

The following information on concussion identification and protocol comes from the Michigan Department of Community Health and Human Services (MDHHS), the Center of Disease Control (CDC), and the National Operating Committee on Standards for Athletic Equipment (NOCSAE):

Common concussion symptoms include...


 Memory Problems	 Not “Feeling Right”	 Slow Reaction Time
 Pressure in the Head	 Lack of Balance	 Fogginess
 Confusion / Headache	 Double-Vision	 Sleep Problems
 Sensitivity to Light	 Dizziness / Nausea	 Irritability


What is a concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head / body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning, or a sudden stopping and starting of the head. Even a ‘ding,’ ‘getting your bell rung,’ or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if one has not been knocked out.

One cannot see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If a student reports any symptoms of a concussion, or if a staff member notices symptoms within a student, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a healthcare professional says they are okay to return to play.

If a concussion is suspected...

 Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities - including sports. Do not hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.

 Keep students out of play. Concussions take time to heal. Do not let the student return to play the day of injury and until a healthcare professional says it is okay - cleared in writing. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and

take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.



Tell the school about any previous concussions. Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless they are notified.

Signs observed by parents:

- |                                   |   |
|-----------------------------------|---|
| Appears dazed or stunned          | Cannot recall events prior to or after a hit / fall |
| Forgets an instruction            | Loses consciousness - either briefly or longer      |
| Is unsure of game, score, or team | Shows mood, behavior, or personality changes        |
| Moves clumsily                    | Is confused about an assignment or position         |

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head / body if they exhibit any of the following danger signs:

- |                                     |  |
|-------------------------------------|--|
| Is drowsy or cannot be awakened     | Repeated vomiting or nausea                    |
| Slurred speech or unusual behavior  | Loses consciousness - either briefly or longer |
| A headache gets progressively worse | Weakness, numbness, or decreased coordination  |
| Cannot recognize people or places   | Becomes increasingly confused or agitated      |
| Convulsions or seizures             |  |

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head / body, they should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

Students who return to school after a concussion may need to spend fewer hours at school, take rest breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a healthcare professional. Students may not return to activity / participation until cleared in writing by a Medical Doctor. Remember that concussions affect people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. To learn more, go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion).