

# **DALLAS CENTER-GRIMES COMMUNITY SCHOOL DISTRICT CONCUSSION MANAGEMENT PLAN**

## **References:**

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Iowa Administrative Code 641-54  
Concussion or Other Brain Injury Return-to-Play Protocol

Iowa Code 280.13C  
Brain Injury Policies

## **Effective Date**

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## **Purpose and Overview**

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This Concussion Management Plan is adopted in accordance with Iowa law to help ensure the safety of all students in the DCG Community School District. This plan will be implemented throughout the District on three different levels as further outlined below.

Iowa Code 280.13(1)(b) states that “Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities...Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in an organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, with the ground , or with obstacles. Concussions can occur with or without loss of consciousness, but the vast majority of concussions occur without loss of consciousness.”

“Interscholastic Athletics”as used throughout this Plan shall have the same meaning as “extracurricular interscholastic activity” as defined by Iowa Code 280.13C(2)(d): “any dance or cheerleading activity or extracurricular interscholastic activity, contest, or practice governed by the Iowa High School Athletic Association or the Iowa Girls Athletic Union that is a contact or limited contact activity as identified by the American Academy of Pediatrics.”

## Concussion Management Plan

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This plan addresses:

- Students in Grades PK - 12, who do not participate in Interscholastic Athletics
- Students in Grades 7-12, who participate in Interscholastic Athletics when classes are in session
- Students in Grades 7-12, who participate in Interscholastic Athletics when classes are not in session

### **RTL: Return to Learn (applies to all students, grades PK-12 that sustain a brain injury)**

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- Injury occurs
- Evaluation for brain injury
- Mandatory evaluation by a “licensed health care provider”) defined in IAC 641-54.2(280) and Iowa Code 280.13C(2)(e)) as a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board designated under Iowa Code section 147.13.)
- Return to Learn (RTL) begins
- Return to Learn Steps as outlined by School Nurse
  - The RTL team will consist of the school nurse, school counselor, teachers involved in the student’s daily learning, with input from the student’s parents or guardians and the student’s licensed health care provider
  - REAP Guidelines will serve as basis
  - School Nurse will receive updates on RTL progress from teachers
  - Students will visit with the Health Office daily until the RTL process is complete
- Released by school nurse following collaboration with the parent to routine learning.

### **RTP: Return to Play (applies to all students, grades 7-12 that sustain a brain injury and are involved in an Interscholastic Athletic Activity - *when classes are in session*).**

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- Injury occurs or a student’s coach, contest official, or licensed health care provider or an emergency medical care provider observe signs, symptoms, or behaviors consistent with a concussion or brain injury in Interscholastic Athletics.
- Student is removed from participation in Interscholastic Athletics
- Evaluation of brain injury
- Mandatory evaluation by a “licensed health care provider” (defined in IAC 641-54.2(280) and Iowa Code 280.13C(2)(e)) as a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board designated under Iowa Code section 147.13.

- Return to Learn begins
- Return to Learn Steps as outlined by the School Nurse
  - The RTL team will consist of the school nurse, school counselor, teachers involved in the student's daily learning, with input from the student's parents or guardians, the student's licensed health care provider.
  - REAP Guidelines will serve as basis
  - School nurse will receive updates on RTL progress from teachers
  - Students will visit with the Health Office daily until the RTL process is complete
- Released by School Nurse to begin Return to Play with the Athletic Trainer
- RTP is managed by the Athletic Trainer and includes the following steps, mandated by Iowa Administrative Code 641-54.3(2)
  - Athlete needs to receive written medical clearance from a licensed health care provider to begin the return-to-play process, AND the athlete is back to regular activities, including school, without experiencing any concussion signs, symptoms, or behaviors for a minimum of 24 hours.
  - Day 1: Low impact, light aerobic exercise. Walking or stationary cycling at slow to medium pace. No resistance/weight training.
  - Day 2: Basic exercise, such as running in the gym or on the field. No helmet or other equipment.
  - Day 3: Noncontact sport-specific training drills (dribbling, ball handling, batting, fielding, running drills).
  - Day 4: Noncontact practice/training drills. May start progressive resistance training
  - Day 5: Full contact practice and participation in normal training activities, following medical clearance.
  - DCG High School Students will be evaluated *with a Federally approved concussion management tool*

#### Contest participation

- If the student shows signs, symptoms, or behaviors consistent with a concussion or other brain injury at any step of the return-to-play protocol, the student must stop the activity and parent or guardian shall be contacted.
- If the student shows signs, symptoms, or behaviors consistent with a concussion or other brain injury during this process, an additional 24-hour period of symptom free rest shall take place. After the 24 hour period of rest, the student shall drop back to the previous level when the student showed no signs, symptoms, or behaviors consistent with a concussion or other brain injury and begin the progression again.
- Students involved in Band, Drama, and Show Choir will have their individual case analyzed as it relates to a safe return to participate in their respective activity which could include a modified RTP plan established by the school nurse and/or athletic trainer.

## Education, Awareness, and Additional Measures

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- Each school nurse, in cooperation with the building administration, will conduct an overview of the severity of brain injuries and the practice of Return to Learn at their particular level.
- All Interscholastic Athletic Coaches are required to view the National Federation of High Schools (NFHS) Concussion Training video annually. This is managed by the Activities Director.
- All students in grades 7-12 that are involved in Interscholastic Athletics are required to review and sign, along with a parent or guardian, a document provided by the Department of Public Health titled: "Heads Up: Concussion in High School Sports" prior to beginning participation. This is an annual requirement and is managed by the Activities Director.
- Teachers will receive recommendations from the school nurse, post-concussion, regarding accommodations in the classroom.
- Coaches will receive directions from the Athletic Trainer and Nurse post-concussion, regarding Return to Play practice activities and restrictions.
- In April, 2013, The DCG Board of Directors approved a policy stating that any athlete sustaining a concussion may not return to action without having been evaluated by a physician, in addition to completing the Return to Play Protocol recommended by the IHSA/IGHSAU. This has now been superseded by the requirement that a mandatory evaluation be conducted by a "licensed health care provider" (defined in IAC641-54.2(280) Iowa Code 280.13C(2)(e)) as a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board designated under Iowa Code section 147.13. *In addition, DCG Staff reserves the right to exclude an athlete from participation if Concussion Signs and Symptoms are present, even if the athlete has received clearance from a licensed health care provider.*

# Dallas Center Grimes Concussion Management

## Concussion Evaluation Form

Date of Injury: \_\_\_\_\_

Student Name: \_\_\_\_\_

This student experienced an injury and has symptoms of a possible concussion.

The DCG Community School District policy requires a mandatory evaluation by the student's licensed health care provider.

We will follow the State of Iowa Requirements for Return to Learn (RTL) and Return to Play (RTP) as required by Iowa Code.

We have included our concussion management plan on the back of this sheet.

Please complete the following information and the student will return this form to:

Brent Buttjer, Director of Activities or Kathy Fistler, High School Nurse

### Licensed Health Care Provider

Date examined: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Recommendations, limitations, restrictions:

Return Appointment: \_\_\_\_\_

Health Care Provider Name: \_\_\_\_\_

Health Care Provider Signature: \_\_\_\_\_

Phone Number: \_\_\_\_\_