



STATEMENT OF Practice

It is the practice of Connected Circles to take reasonable steps to prevent, and to minimize the effects of school related concussions for staff and students. As each brain injury is unique, there is not a “one size fits all” approach and different parts of the plan may be adapted, however the basic concepts of how a concussion will be treated will be the same.

Definition:

A **concussion** is a type of brain injury caused by a bump, blow, or jolt to the head that causes the brain to move rapidly back and forth. The sudden movement from a fall or blow to the body can cause the brain to bounce around inside the skull creating chemical changes and sometimes damaging brain cells. Loss of consciousness is not required to have a concussion, even what seems to be a mild bump to the head can have serious effects. Immediately after an injury, the brain is more vulnerable. Proper recognition and response to concussion can prevent further injury and help with recovery. A concussion is not an injury that can be seen. People often appear and sound just fine but are struggling. Chemical changes from the damage to brain cells can result in physical, emotional, and cognitive symptoms -see full symptom list at : www.cdc.gov —Concussion Signs and Symptoms. Gradual build up of physical activity is important in the healing process, as long as symptoms are not worsening.

Annually, the director shall provide families, students, and staff with the concussion management action plan and shall develop administrative rules and procedures to ensure the implementation of this policy.

Administrative Rules and Procedures

The procedures will address the following issues and may include others as well:

1. concussion management action plan;
2. familial signed receipt of action plan;
3. opportunities for education;
4. annual training for staff;
5. decision-making process;
6. return to school/activities criteria;

Administrative Responsibilities

1. The director is responsible for ensuring the school has a concussion management action plan that describes the procedures the school shall take when a staff or student suffers a concussion.
2. The director is responsible for ensuring that families receive the concussion-related information required by state statute, that all staff and students receive meaningful age-appropriate exposure to concussion-related information, and that staff or students suspected of having suffered concussions are disqualified from engaging in school-related athletic activity until they have been cleared to return to such activity by a properly qualified individual.