

Ledyard High School

Student and Parent Concussion Informed Consent Form 2016-17

This consent form was developed to provide students and parents with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education* and Section 10-149c: *Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

What is a Concussion?

National Athletic Trainers Association (NATA) - *A concussion is a "trauma induced alteration in mental status that may or may not involve loss of consciousness."*

Centers for Disease Control and Prevention (CDC) - *"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 your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth."* -CDC, Heads Up: Concussion

http://www.cdc.gov/headsup/basics/concussion_what.html

Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious" -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combatative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to her/his medical provider.

Section 4. Ledyard Board of Education Policies Regarding Concussions

Students Policy 5141.7 (a) STUDENT SPORTS – CONCUSSIONS AND SUDDEN CARDIAC ARREST

Ledyard Public Schools
 For the purposes of this policy, “intramural or interscholastic athletics” shall include any activity sponsored by Ledyard Public Schools that involves any athletic contest, practice, scrimmage, competition, demonstration, display, or club activity.

Concussions
 The Ledyard Board of Education recognizes that concussions, which are a type of brain injury, are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. Catastrophic injuries or even death can occur when a concussion is not properly evaluated and managed. Therefore, the following requirements are enacted in an effort to minimize the risk of further injury when a concussion is suspected or has been diagnosed.

The coach of any intramural or interscholastic athletics shall immediately remove a student athlete from participating in any intramural or interscholastic athletic activity who either (1) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body or (2) is diagnosed with a concussion, regardless of when the concussion may have occurred.

Upon removal of a student athlete for a possible or diagnosed concussion, a qualified school employee (i.e., a principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by the District, coach or school paraprofessional) shall notify the student athlete's parent or legal guardian that the student athlete has exhibited the signs, symptoms or behaviors consistent with a concussion or has been diagnosed with a concussion. The qualified school employee shall make a reasonable effort to provide the notification immediately after the student athlete has been removed for a possible or diagnosed concussion. In any case, the notification shall be provided not later than twenty-four (24) hours after the removal of the student athlete.

The coach shall not permit such student athlete to participate in any supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until such student athlete receives written clearance to participate in such supervised team activities involving physical exertion from a licensed health care professional trained in the evaluation and management of concussions.

After a student athlete has been cleared by a licensed health care professional as specified above, the coach shall not permit such student athlete to participate in any full, unrestricted supervised team activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions, until such student athlete (1) no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion and (2) receives written clearance to participate in such full, unrestricted supervised team activities from a licensed health care professional trained in the evaluation and management of concussions.

For the purposes of this policy, a "licensed health care professional" means either a physician, a physician assistant, an advanced practice registered nurse, or an athletic trainer licensed pursuant to the requirements of the Connecticut General Statutes.

Students Policy 5141.7 (b) STUDENT SPORTS – CONCUSSIONS AND SUDDEN CARDIAC ARREST

Ledyard Public Schools

Training Requirements

For the school year commencing July 1, 2015, and each school year thereafter, each student athlete and her/his parent or legal guardian shall, prior to participation in intramural or interscholastic athletics, receive training on:

☑ Concussion education, which shall address, at a minimum, the following: (1) the recognition of signs or symptoms of concussion; (2) the means of obtaining proper medical treatment for a person suspected of sustaining a concussion; (3) the nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion; (4) the proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity; and (5) current best practices in the prevention and treatment of a concussion.

Sudden cardiac arrest awareness education, which shall include, at a minimum, the following: (1) the warning signs and symptoms associated with a sudden cardiac arrest, including, but not limited to, fainting, difficulty breathing, chest pain, dizziness and abnormal racing heart rate; (2) the risks associated with continuing to engage in intramural or interscholastic athletics after exhibiting such warning signs and symptoms; (3) the means of obtaining proper medical treatment for a person suspected of experiencing a sudden cardiac arrest; and (4) the proper method of allowing a student who has experienced a sudden cardiac arrest to return to intramural or interscholastic athletics.

Student athletes and their parents or legal guardians must receive the training on concussions and sudden cardiac arrest awareness prior to the start of each sport season in which the student athlete participates. Student athletes shall not be allowed to participate in intramural or interscholastic athletics until both the student athlete and a parent/legal guardian have received the training on concussion and sudden cardiac arrest awareness and signed the informed consent form.

Informed Consent Forms

For the school year commencing July 1, 2015, and each school year thereafter, each student athlete and his/her parent or legal guardian, after receiving the required training on concussions and sudden cardiac awareness prior to the start of each sport season in which the student athlete participates, shall sign an informed consent form prior to allowing the student athlete to participate in intramural or interscholastic athletics for that sport season.

The informed consent form shall conform to the requirements approved by the State Board of Education and shall include, at a minimum, (1) a summary of the concussion education training, (2) a summary of the sudden cardiac arrest awareness education training, and (3) a summary of the District's policies and requirements regarding concussions and sudden cardiac arrests.

Each student athlete and her/his parent or legal guardian shall be provided with a copy of the informed consent form, and the coach shall retain a copy of the informed consent form signed by both the student athlete and her/his parent or legal guardian attesting to the fact that they have received the required training on concussions and

sudden cardiac arrests, the fact that they have received a copy of the form, and that the student athlete is authorized to participate in the athletic activity.

Students Policy 5141.7 (c) STUDENT SPORTS – CONCUSSIONS AND SUDDEN CARDIAC ARREST

Ledyard Public Schools

Responsibilities

The Superintendent shall implement the necessary regulations to carry out the requirements of this policy. The concussion and sudden cardiac arrest awareness education plan and the informed consent forms to be used in Ledyard Public Schools require the approval of the Superintendent.

The LHS Athletic Director shall: (1) develop and keep up-to-date the concussion and sudden cardiac arrest awareness education plan using the information approved by the State Board of Education; (2) develop and keep up-to-date the informed consent form, ensuring that it meets the minimum requirements approved by the State Board of Education; (3) verify that all LHS student athletes and their parents/guardians have received the required training prior to participating in a sport season; and (4) retain a copy of the signed informed consent forms for LHS student athletes.

The LMS Principal shall: (1) verify that all LMS student athletes and their parents/guardians have received the required training prior to participating in a sport season; and (2) retain a copy of the signed informed consent forms for LMS student athletes.

Prior to the start of each sport season, each intramural or interscholastic athletics coach shall: (1) provide student athletes and their parents/guardians with training on concussions and sudden cardiac arrest awareness using the education plan approved for use in Ledyard Public Schools; (2) provide each student athlete and her/his parent or legal guardian with a copy of the informed consent form; and (3) retain a copy of the informed consent form signed by both the student athlete and her/his parent or legal guardian.

Legal References:

Connecticut General Statutes

10-149b. Training courses for coaches re concussions and head injuries. Development or approval by State Board of Education. Revocation of coaching permit. (as amended by Public Act 14-66)

10-149c. Student athletes and concussions. Removal from athletic activities. Revocation of coaching permit. (as amended by Public Act 14-66)

Public Act 14-66 – *An Act Concerning Youth Athletics and Concussions*

Public Act 14-93 – *An Act Concerning Sudden Cardiac Arrest Prevention*

Policy adopted: September 15, 2010

Revised: December 17, 2014

I have read and understand this document the “Student and Parent Concussion Informed Consent Form” and understand the severities associated with concussions and the need for immediate treatment of such injuries.

Student name: _____ **Date** _____ **Signature** _____
(Print Name)

I authorize my child to participate in _____ **for school year** _____
(Sport/Activity)

Parent/Guardian name: _____ **Date** _____ **Signature** _____
(Print Name)

Check box to verify parent/guardian/athlete has viewed video “What is a concussion?” on Ledyard.net/lhs/athletics. Video must be viewed as teaching tool if not in attendance at pre-season sports night

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>.
http://journals.lww.com/cisportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2014.