

# **HEAD**

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## **41.2 CONCUSSION EDUCATION**

All student athletes shall complete the Brainbook online concussion education course. Student athletes participating in sports as of the 2011-12 school year shall complete the course. All student athletes shall complete the course prior to participation in practice or competition. Note: The Brainbook online concussion education course must be completed by a student athlete only once.

## **41.3 CONCUSSION POLICY**

### 41.3.1 Education

41.3.1.1 All AIA participating schools must have a concussion policy on file. The policy must address the following:

- Concussion education
- Removal from play
- Return to play

41.3.1.2 Parents and athletes must sign a form acknowledging education regarding concussion

### 41.3.2 Mechanics and Criteria for Removal from Play

41.3.2.1 An athlete, coach, licensed athletic trainer, team physician, official or parent can remove an athlete from play.

41.3.2.2 Only an appropriate health care professional can refute the diagnosis of a concussion.

### 41.3.3 Return to Play Criteria

- No athlete should return to play (RTP) or practice on the same day of a concussion.
- Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
- Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- After medical clearance, return to play shall follow a step-wise protocol with provisions for delayed return to play based as directed by an appropriate Health-care provider.
- Return to play should only occur after an athlete has returned to full school attendance without academic accommodations.

### 41.3.4 Appropriate Health-care Professionals for Return to Play

An appropriate health-care professional is defined as the following:

1. Licensed Athletic Trainer
2. Physician (MD/DO)
3. Licensed Nurse Practitioner
4. Physician's Assistant

### 41.3.5 Return to Academics

- Cognitive rest should be recommended for symptomatic athletes. This may include limiting activities such as reading, texting and computer usage.
- In some instances, this may also involve school absences and/or the use of academic adjustments or accommodations as prescribed by the appropriate healthcare professional and school academic team (school nurse, school counselor, administration, etc.).

- Returning an athlete to the classroom following a concussion should follow a return to learn progression.

#### 41.3.6 Other

- 41.3.6.1 At the beginning of a game, the coach must certify to the official that the equipment is in compliance with safety regulations and properly fitted.
- 41.3.6.2 If a helmet comes off or becomes dislodged during play, must remain out for one play or call a time out to have the equipment reassessed.