



## **2018-2019 Athletic Concussion Policy**

The seriousness of concussions warrant that Arrowhead Christian Academy, in conjunction Canyon Athletic Association requirements, have specific procedures in place to deal with possible concussion scenarios related to interscholastic athletics.

### Coach Training

Head coaches are required to complete the “Heads Up” Concussion training provided by the CDC (<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>). All coaches (head coaches and assistants) are required to review the free online course “Concussion In Sports – What You Need to Know” provided through the National Federation of High Schools. They are also provided with a copy of “A Guide to Concussion in Sports” (NFHS), the “Coach Guide to Concussions” (CDC), and the “Coach Concussion Fact Sheet” (CDC). These requirements must be repeated every school year.

### Suspected Concussions

Whenever a concussion is suspected during practice or competition, the athletic staff will follow the following procedures:

- Remove the athlete from the practice or competition
- Contact parents or guardians to inform them of the sustained injuries and subsequent concerns
- Do not allow the student to return to action the day of the injury

Coaches will keep copies of the “Concussion Clipboard Sheet” (CDC) and “Concussion Signs and Symptoms Checklist” (CDC) present at practices/games to use when a concussion is suspected.

### Procedure for Return to Play

Students will not be permitted to return to play until the athlete is examined by a health care professional to determine whether he/she is symptom free. A completed “Concussion Evaluation and Release to Play Form for Licensed Health Care Providers” must be given to the school office and approved before the athlete will be allowed to return to play. The office will also make contact with the parents/guardians in order to make sure there is no further hesitancy regarding the student’s return to activities.

### Student Athlete Training

Student-athletes are given the “Athlete Concussion Fact Sheet” and required to complete the Concussion clearance test through Barrow Neurological Institute.

### Parent/Guardian Training

Parents/guardians should have as much information as possible to help them understand the nature of concussions as well as Arrowhead Christian Academy’s approach regarding concussions. Parents/guardians are provided with the “Parent Concussion Fact Sheet” (CDC).