

# Concussion Procedures

## Cedar Rapids Community School District

### **CRCSD Board Regulation 410:**

*In accordance with Iowa Code 280.13C and Iowa Administrative Code 641-54, the Cedar Rapids Community School District implements and mandates both the Return To Learn and Return To Play policies for all students who participate in an extracurricular interscholastic activity in grades seven through twelve.*

In addition, when school staff become aware of any student, PK through 12, who has been diagnosed with a concussion by a licensed healthcare provider, or shows signs/symptoms of concussion, Return to Learn and Return to Play guidelines will also be implemented.

- Documentation of a concussion will be entered by the school nurse, or designee, into the student information system as a Health Condition, with no end date.
- A concussion symptom checklist will automatically be sent to the student's teacher(s), the school nurse, the school counselor(s), the school athletic trainer and the student's parent/guardian if an email address is listed in Infinite Campus.

### **Returning to School After Diagnosis of Concussion/Brain Injury:**

For the best possible outcomes, concussion management requires a team of individuals working together to ensure students return to normal cognitive functioning. The team should include parents/guardians, healthcare providers, teachers, counselors, coaches, athletic trainers, the student when age appropriate, and others who are involved with the student.

### **Return to School:**

- **Students may return to school as soon as they are physically able to return.** Indications that a student is ready to return to school include: the student being able to tolerate 30 to 45 minutes of light mental activity (sitting up, watching TV, light reading) at home, without symptoms worsening.
- If more than 3 days are missed, the school nurse/school counselor will contact parents/guardians to discuss a return to school plan.

### **Return to Learn:**

- The school team, with input from parent/guardian, will determine if any academic adjustments are needed depending upon:
  - ✓ The severity of the symptoms present
  - ✓ The type of symptoms present
  - ✓ The times of day when the student feels better or worse
- If academic adjustments are needed, the school team will determine which adjustments/accommodations the student requires.
- Teachers are encouraged to apply and remove academic adjustments according to the student's symptoms and performance in their class.
- Return to Learn directions provided by healthcare providers will be considered by the school team as suggestions, to be implemented only if the team feels the suggestions are educationally sound, feasible and in alignment with the school's policies and protocols.
- **The student will be excluded from all physical activity and athletics, including recess/PE, highly physically active classes like weight training and physically active recess until cleared by a licensed healthcare professional AND 100% symptom free of concussion symptoms based on concussion symptom checklists completed by teachers, parents/guardians and the student.**
- The school concussion team will monitor the student's symptom progress and review teacher/parent/guardian symptom checklists to determine when the student is 100% symptom free at home and school.
  - ✓ The student should be acting the same way as before the concussion, doing regular activities and interacting normally with friends and family.
  - ✓ Symptoms should not return when the student is exposed to loud, busy environments at home, school or in the community.
  - ✓ At school, the student should be handling school work at the same level as before the concussion.
  - ✓ The student should be able to complete homework as efficiently as before the concussion.
  - ✓ School workload should be back to where it was pre-concussion.

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- ✓ The student should be off all medications used to treat concussion symptoms, including ibuprofen and acetaminophen.
- ✓ The student should have a steady decrease in symptoms while noticing a steady increase in the ability to handle more rigorous home, social and school demands.

**Return to Play: PK-12:** PE, recess and **Grades 7-12:** dance, cheerleading, IAHSAA and IGHSAU sports and sanctioned activities governed by IHSMA (band, jazz band, show choir, color guard); IHSSA (lg group, sm group, ind speech)

- **In order to return to play, the student must be 100% symptom free at school and at home. Once the parent and school agree that the student is 100% symptom free for a minimum of 24 hours, as indicated on completed symptom checklists, the licensed medical provider will approve Returning to Play for non-athletes, and starting the Graduated Return to Play process for athletes. The concussion team lead (school nurse or counselor) will communicate the release to RTP to other staff with a need to know (trainers, coaches, athletic directors, PE teachers etc).**

*If concussion symptoms reappear at any time during return to learn and/or play, the student will cease activity and their parent/guardian and licensed healthcare professional will be notified.. Licensed health care providers are defined by Iowa Code as: physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer.*

**Graduated Return to Play for Athletes: Grades 7-12:** Dance, cheerleading, sport governed by the IAHSAA (baseball, basketball, bowling, cross country, football, golf, soccer, swimming/diving, tennis, track and field, wrestling); IGHSAU (volleyball, softball, basketball, bowling, cross country, golf, soccer, swimming/diving, tennis, track and field, wrestling)

Return to Play steps are determined, directed and guided by district athletic trainers, athletic directors and coaches.

**Step 1:** Athlete has received 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.

**Step 2:** Low impact, light aerobic exercise. Walking or stationary cycling at slow to medium pace. No resistance/weight training.

**Step 3:** Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

**Step 4:** Noncontact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills) in full equipment. Resistance/weight training may begin.

**Step 5:** Full contact practice and participation in normal training activities.

**Step 6:** Contest participation.

*If concussion symptoms reappear, the student will halt participation for 24 hours of rest. After 24 hours, the student will drop back to the previous level of the Graduated RTP steps.*

*Other districts whose students participate in grades 9-12 Athletic Co-op Activities in Cedar Rapids School District buildings/practices/contests, shall be responsible for implementing Return to Learn protocols for their participating students according to Iowa Code, IAC, IAHSAA guidelines, IGHSAU guidelines and their district's policies and procedures. After the participating district certifies that the student is 100% symptom free at home and at school, Cedar Rapids School District athletic training staff will implement and monitor the graduated Return to Play procedures and will determine when the student is ready to participate in practice and contests.*

**References:**

Iowa Code 280.13C; IAC 641-54, REAP, Iowa Version 2.0, Iowa Department of Public Health, IAHSAA, IGHSAU, Iowa Department of Education, CRCSD Board Regulation 410, Brain Injury Association of Iowa

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