



2701 S. Campbell Avenue • Tucson, Arizona 85713  
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## **Sports Safety and Training Requirements**

### **Concussion Policy:**

Southside Community School (SCS) is committed to ensuring the safety of students while at school and when participating in any school-sponsored events. SCS recognizes that educating key individuals, including students, student-athletes, parents, coaches, school administrators, athletic directors, teachers, athletic trainers, physicians, and other health care providers about prevention and early recognition of concussions remains the most important component of improving the care of students with concussions.

Southside Community School is aware that head injuries, including concussions, can happen to any student, not just an athlete. SCS has developed procedures to address head injuries that occur during the school day, during school sponsored events and during school sponsored athletic events.

### **What Are the Signs and Symptoms of Concussion?**

Concussion signs are things you can observe about the student. These include:

- Behavior or personality changes
- Blank stare, dazed look
- Lethargy
- Changes to balance, coordination, reaction time
- Delayed or slowed spoken or physical responses
- Disorientation (confused about time, date, location, game)
- Loss of consciousness/blackout (occurs in less than 10 percent of cases)
- Memory loss of event before, during, or after injury occurred
- Slurred/unclear speech
- Trouble controlling emotions
- Vomiting

Concussion symptoms are things the student tells you are happening. These include:

- Blurry vision/double vision
- Confusion
- Dizziness
- Feeling hazy, foggy, or groggy
- Feeling very drowsy, having sleep problems
- Headache
- Inability to focus, concentrate
- Nausea (stomach upset)
- Not feeling right
- Numbness or tingling
- Sensitivity to light or sound

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**Procedure:**

Education -

1. Once each school year, a coach should complete a concussion management certification training course: “[Concussion in Sports](#)” offered by the National Federation of State High School Associations ([NFHS](#)) or other equivalent course.
  - a. A coach should not coach an athletic activity until the coach completes the required training course
2. At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a [concussion and head injury information sheet](#) to:
  - a. each person who will be coaching that youth athletic activity
  - b. each person who wishes to participate in that youth athletic activity
    - i. A concussion and head injury information sheet does not need to be distributed to the pupil if the pupil has returned an appropriately signed information sheet for another youth athletic activity operated by the school during the same school year.
3. At the beginning of a season for a youth athletic activity, each person who will be coaching the youth athletic activity must sign and return to the school an acknowledgement of their receipt and review of concussion and traumatic brain injury information ([Coaches Agreement](#)).
4. At the beginning of a season for a youth athletic activity, a student desiring to participate in any athletic activity and the student’s parent or guardian must sign and return to the school an acknowledgement of their receipt and review of concussion and traumatic brain injury information ([Parent and Athlete Agreement](#))
  - a. A student should not be allowed to participate in any athletic event, including practice or training, until the student and their parent has signed and returned the Parent and Athlete Agreement Form.
    - i. A concussion and head injury information sheet does not need to be distributed to the pupil if the pupil has returned an appropriately signed information sheet for another youth athletic activity operated by the school during the same school year.
    - ii. These signed information sheets shall be collected by the coach/supervisor of the sports team or other organized youth athletic activity and given to the Principal for proper recordkeeping
5. Once each school year, school staff shall be provided education on concussions including:
  - a. Information on how concussions can affect a student’s ability to learn
  - b. Examples of common school-related concussion related symptom triggers such as reading, computer use for classwork, and prolonged concentration
  - c. Concussion related triggers are variable and will differ from student to student

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- d. Students who suffer a concussion may have difficulty attending school and focusing on schoolwork, taking tests, and trying to keep up with assignments, especially in math, science, and foreign-language classes
  - e. Information on the risk of depression in students who suffer concussions due to the injury along with prolonged time away from sports, difficulties in school, and sleep disturbances
6. School staff will also be educated on the signs and symptoms to be aware of:
- Increased problems paying attention or concentrating
  - Increased problems remembering or learning new information
  - Longer time needed to complete tasks or assignments
  - Difficulty organizing tasks
  - Inappropriate or impulsive behavior during class
  - Greater irritability
  - Less ability to cope with stress or more emotional
  - Complaint of headaches, especially with screen time

### **Management of Head Injury Occurring During the School Day and School Sponsored Events (Before and After School/Field Trip):**

If there is a concern that a student sustained a concussion, the following Concussion Management Protocol must be followed:

1. Evaluate and monitor students who have a head injury
  - a. Determine and document where and how injury occurred
    - i. Be sure to include cause and force of the hit or blow to the head
  - b. Determine and document description of injury
    - i. Be sure to include information about the following signs and symptoms:
      1. Any loss of consciousness and for how long
      2. Memory loss
      3. Seizures following the injury
      4. Previous concussions
  - c. If student has any of the above signs and symptoms, immediately refer the student to a health care professional
2. Following the injury, the student should be observed by school staff for signs and symptoms of concussion for a minimum of 30 minutes
3. Notify the student's parent(s) or guardian(s) that their child had an injury to the head
4. If signs or symptoms of a concussion are present (see [What Are the Signs and Symptoms of Concussion?](#)) refer the student right away to a healthcare professional with experience in evaluating for concussion
  - a. Students should follow their health care professional's guidance about when they can return to school and to physical activity

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5. Emergency medical treatment should be pursued if there is a deterioration of symptoms including:
  - a. seizure
  - b. altered level of consciousness
  - c. vomiting
  - d. altered pupillary findings (dilated or uneven)
  - e. direct neck pain associated with the injury
6. First aid shall be provided to any student who has been removed from any activity under these procedures as appropriate and necessary in accordance with the District's standard emergency care procedures
7. The school personnel who witnessed the event and/or provided emergency nursing services shall complete all required documentation and reporting regarding the incident in accordance with established emergency procedures, including completing an incident report
8. All appropriate school officials, who have a legitimate educational interest in the information, should be notified of the event including:
  - a. Building administrator
  - b. Student's teachers

#### **Management of Head Injury Occurring During a School Sponsored Sporting Event:**

1. An athletic coach, athletic trainer, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury OR if the coach, official, or health care provider suspects the person has sustained a concussion or head injury, in order to minimize the risk of further injury.
2. An athletic coach, athletic trainer, or official involved in a youth athletic activity, or health care provider will notify the parent or guardian when an athlete is removed from play because they are thought to have a concussion.
3. An athletic coach, athletic trainer, or official involved in a youth athletic activity, or health care provider shall observe student for signs and symptoms of concussion for a minimum of 30 minutes.
4. An athletic coach, athletic trainer, or official involved in a youth athletic activity, or health care provider shall complete the [Concussion Signs and Symptoms Checklist](#) and monitor students consistently during the observation period.
5. First aid shall be provided to any student who has been removed from any activity under these procedures as appropriate and necessary in accordance with the District's standard emergency care procedures.

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6. The athletic coach, athletic trainer, or official involved in a youth athletic activity, or health care provider shall complete all required documentation and reporting regarding the incident in accordance with established SCS Procedure
7. An athletic coach, athletic trainer, or official involved in a youth athletic activity, or health care provider shall monitor the student for worsening symptoms. The following are reasons to activate the EMS, as any worsening signs or symptoms may represent a medical emergency:
  - a. Loss of consciousness, this may indicate more serious head injury
  - b. Decreasing level of alertness
  - c. Unusually drowsy
  - d. Severe or worsening headache
  - e. Seizure
  - f. Persistent vomiting
  - g. Difficulty breathing
8. Team personnel will not permit an athlete to return to play (RTP) or practice on the same day of a concussion.
9. All appropriate school officials, who have a legitimate educational interest in the information, should be notified of the event including:
  - a. Building administrator
  - b. Licensed Athletic Trainer
  - c. School Nurse
  - d. School psychologist
  - e. School counselor
  - f. Student's teachers
10. Team personnel will not permit the athlete to return to play, including cardiovascular training, or physical education classes, until the athlete has been assessed by an appropriate health care professional, trained in the evaluation and management of concussions.
  - a. This includes sports recognized by high school athletic associations as well as youth and recreational leagues run by other entities
11. The student athlete must receive written clearance from an appropriate health care professional, trained in the evaluation and management of concussions that states the student athlete is asymptomatic at rest and may begin a graduated return-to-play protocol.
12. Once the athlete is symptom free and is off any pain control medications and has received written medical clearance by an appropriate medical professional, the student athlete may begin a graduated individualized return-to-play protocol supervised by an athletic trainer or Licensed Physical Therapist, school/team physician or in cases where the aforementioned are not available a physician or licensed healthcare provider trained in the evaluation and management of sports-related concussions.

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The following is an example of a guideline for returning concussed athletes when they are symptom free. The example program allows for one-step per 24 hours.

- o Step One: About 15 minutes of light exercise: stationary biking or jogging
  - o Step Two: More strenuous running and sprinting in the gym or field without equipment
  - o Step Three: Begin non-contact drills in full uniform. May also resume weight lifting
  - o Step Four: Full practice with contact
  - o Step Five: Full game clearance
13. A return of symptoms indicates inadequate recovery from the concussion
- a. If symptoms return while on the protocol, once the athlete is asymptomatic again for 24 hours, the previous step may be attempted again
  - b. Any athlete who continues to have a return of symptoms with exertion should be re-evaluated by his or her health care provider
14. Persons operating the youth athletic activity will maintain records of all athletes removed from play for suspected and/or confirmed concussions and corresponding written clearances provided by health care providers to return to physical activity.

#### **Additional Training for Parents/Coaches:**

In addition to concussion protocols, parents and coaches should also be educated on the dangers of heat-related illness and sudden cardiac death.

1. Once each school year, a coach should complete a heat illness prevention course: “[Heat Illness Prevention](#),” a sudden cardiac arrest course “[Sudden Cardiac Arrest](#),” offered by the National Federation of State High School Associations ([NFHS](#)) or other equivalent courses.
  - a. A coach should not coach an athletic activity until the coach completes the required training courses
2. At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute an information sheet on the [Warning Signs and Symptoms of Heat-Related Illness](#) and [Sudden Cardiac Arrest](#) to:
  - a. each person who will be coaching that youth athletic activity
  - b. each person who wishes to participate in that youth athletic activity
3. At the beginning of a season for a youth athletic activity, each person who will be coaching the youth athletic activity must sign and return to the school an acknowledgement of their receipt and review of heat-related illness and sudden cardiac arrest information ([Coaches Agreement](#)).
4. At the beginning of a season for a youth athletic activity, a student desiring to participate in any athletic activity and the student’s parent or guardian must sign and return to the school an acknowledgement of their receipt and review of heat-related illness and sudden cardiac arrest information ([Parent and Athlete Agreement](#))

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5. A student should not be allowed to participate in any athletic event, including practice or training, until the student and their parent has signed and returned the Parent and Athlete Agreement Form.
6. These information sheets do not need to be distributed to the pupil if the pupil has returned an appropriately signed information sheet for another youth athletic activity operated by the school during the same school year.
7. These signed information sheets shall be collected by the coach/supervisor of the sports team and given to the Principal for proper recordkeeping

Parents should also be given information concerning the dangers of prescription opioid use.

1. At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute an [information sheet](#) on the dangers of opioid use to:
  - a. each person who will be coaching that youth athletic activity
  - b. each person who wishes to participate in that youth athletic activity
2. At the beginning of a season for a youth athletic activity, each person who will be coaching the youth athletic activity must sign and return to the school an acknowledgement of their receipt and review of heat-related illness and sudden cardiac arrest information ([Coaches Agreement](#)).
3. At the beginning of a season for a youth athletic activity, a student desiring to participate in any athletic activity and the student's parent or guardian must sign and return to the school an acknowledgement of their receipt and review of heat-related illness and sudden cardiac arrest information ([Parent and Athlete Agreement](#)).
4. A student should not be allowed to participate in any athletic event, including practice or training, until the student and their parent has signed and returned the Parent and Athlete Agreement Form.
5. These information sheets do not need to be distributed to the pupil if the pupil has returned an appropriately signed information sheet for another youth athletic activity operated by the school during the same school year.
6. These signed information sheets shall be collected by the coach/supervisor of the sports team and given to the Principal for proper recordkeeping

**Summary of Annual Requirements:**

Trainings for Coaches	Information Sheets for Parents, Students, Coaches	Signed forms for Parents, Students, Coaches
<a href="#">Concussion in Sports</a> <a href="#">Heat Illness Prevention</a> <a href="#">Sudden Cardiac Arrest</a>	<a href="#">Concussion/Head Injury Info</a> <a href="#">Heat-Related Illness Info</a> <a href="#">Sudden Cardiac Arrest Info</a> <a href="#">Opioid Use Info</a>	<a href="#">Coaches Agreement</a> <a href="#">Parent and Athlete Agreement</a>

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