



ROCKY POINT UNION FREE SCHOOL DISTRICT

HEALTH SERVICES

90 Rocky Point – Yaphank Road
Rocky Point, New York 11778

FRANK J. CARASITI
ELEMENTARY SCHOOL
631-849-7207

JOSEPH A. EDGAR
INTERMEDIATE SCHOOL
631-849-7410

ROCKY POINT
MIDDLE SCHOOL
631-849-7334

ROCKY POINT
HIGH SCHOOL
631-849-7515

CONCUSSION MANAGEMENT PLAN

The Rocky Point School District Concussion Management Plan has been prepared to achieve the highest possible responsible management of this type of injury. It must be noted that any policy is only as good as the degree to which all parties succeed in meeting their related responsibilities. Specifically, student-athletes must accurately report an injury that occurs either in school or away from school and related symptoms to parents, teachers, coaches, school nurse and the athletic trainer. Parents must appropriately report injuries to the school nurse, and supervise post-traumatic recovery. Coaches must follow appropriate guidelines that are outlined as part of the district policy, and report all head related injuries to the school nurse.

Concussion has been defined by the Committee of Head Injury Nomenclature of the Congress of Neurological Surgeons as “a clinical syndrome characterized by immediate and transient post-traumatic impairment of neural functions, such as alteration of consciousness, disturbance of vision, equilibrium, etc., due to brain stem involvement.”

As per the New York State Public High School Athletic Association
Signs, Symptoms, and Behaviors of a Possible Head Trauma

1. **Problems in Brain Function:**

- a. Confused State – Dazed look, vacant stare, confusion about what happened or is happening.
- b. Memory Problems – Can’t remember assignment on play, opponent, score of game or period of the game. Can’t remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by athlete – Headache, nausea or vomiting, blurred or double vision, oversensitivity to sound, light or touch, ringing in the ears, feeling foggy or groggy.
- d. Lack of sustained attention – Difficulty sustaining focus adequately to complete a task or a coherent thought or conversation.

2. **Speed of Brain Function:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements, slow reaction time.

3. **Unusual Behaviors:** Behaving in a combative, aggressive or very silly manner or just atypical for the individual. Repeatedly asking the same question over and over. Restless and irritable behavior with constant motion and attempts to return to play or leave. Reactions that seem out of proportion and inappropriate. Changing position frequently and having trouble resting or finding a comfortable position. These can be manifestations of post-head trauma difficulties.

4. **Problems with Balance and Coordination:** Dizzy, slow, clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

The National Federation of High Schools Concussion Rule states, “Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headaches, dizziness, confusion or



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balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional”.

State Education Department’s policy on “cleared by an appropriate health-care professional”

1. New York State only permits the school medical officer to clear an athlete to return to play after removal from a game for exhibiting the signs/symptoms of a concussion.
2. If the school medical officer is not available on the sideline to allow a safe return to play, the athlete must remain out of the game until cleared by the school medical officer to return to play.

Due to all of this information from the NFHS and the NYSPHSAA, if a Rocky Point UFSD Athlete suffers a head trauma, is removed from a contest, and/or diagnosed with a possible concussion, the following steps must be taken:

1. The athlete should be taken for a medical evaluation.
2. The coach/trainer will follow-up with the school nurse and fill out an accident report.
3. Paperwork from the medical evaluation should be given to the nurse.
4. The nurse will forward this paperwork to the “Chief School Medical Officer” for evaluation.
5. The athlete should be asymptomatic for 7 days.
6. If the Chief School Medical Officer feels that they need to see the athlete for clearance, the athlete will have to go to the office for evaluation. **THIS IS THE ONLY PATH FOR RETURN TO PLAY CLEARANCE.**
7. If the Chief Medical Officer feels the athlete should not return to activity, the athlete must remain sidelined until the receive a reevaluation.

POST- CONCUSSION SYNDROME

Post-concussive syndrome may follow a concussion and last up to six months. It is associated with headache (particularly with exertion), dizziness, fatigue, irritability, and impaired memory and concentration. The persistence of symptoms usually correlates with the period of post-traumatic amnesia. If post-concussion syndrome occurs, the athlete should not be allowed to participate in athletics and physical education until all symptoms have resolved. and the family physician. The school physician must also approve in writing the athlete to return to athletic participation.

The guidelines presented here should serve as minimum time periods before an athlete is allowed to return to athletic and physical education participation following a head injury. Certain positions of each sport or the sport itself (such as heavy contact sports) may dictate longer delays in returning to competition.

A student cannot return to participation without the approval of the school physician (Chief School Medical Officer).