



FISD CONCUSSION GUIDELINES AND CONSENT

What is a Concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow or jolt to the head which causes the brain to move quickly back and forth within the skull. This injury causes brain function to change which results in altered mental state. Concussions can have serious and long-term health effects, even from a mild bump on the head.

What are the Signs and Symptoms?

Signs and symptoms of a concussion can show up right after the injury, or may appear or be noticed days after the initial injury. Signs and symptoms include, but are not limited to: brief loss of consciousness, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, fatigue, mood changes, sensitivity to light and/or noise, lethargy, poor concentration, sleep irregularities, and aggression. The individual may or may not have lost consciousness.

What should be done if a Concussion is suspected?

Any athlete who is suspected of sustaining a concussion will be removed from the athletic practice/game immediately. The athlete will be evaluated by a health care professional. The athlete will not be allowed to return to practice/play until proper medical clearance and Return-to-Learn/Play guidelines have been followed. The permission to return to play will come from the appropriate health care professional. Parents should inform their athlete's Coach, Athletic Trainer, or School Nurse if it is thought a concussion is suspected. When in doubt, the student-athlete sits out!

What are the risks for playing with a Concussion or Returning-to-Play too soon?

Research indicates that student-athletes who return to athletic participation before completely recovering from an initial concussion injury have an increased risk of sustaining a second concussion. This re-injury often results from a seemingly insignificant blow or contact and usually results in a longer recovery period. These athletes are also at risk for "Second Impact Syndrome". Second Impact Syndrome results in rapid brain swelling, brain damage, and in some cases, death.

Liability Provision

Texas Education Code, Section 38.159. IMMUNITY. This subchapter does not:

1. waive any immunity from liability of a school district or open enrollment charter school or of district or charter school officers or employees;
2. create any liability for a cause of action against a school district or open-enrollment charter school or against district or charter school officers or employees;
3. waive any immunity from liability under Section 74.151, Civil Practice and Remedies Code; or
4. create any cause of action or liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic athletics practice or competition, based on service or participation on the concussion oversight team.

Concussion Management

Medical management of sport-related concussions continues to evolve. The most recent medical practice standards regarding management of sport-related concussion were published in 2012. "The Summary and Agreement Statement of the 4th International Conference on Concussion in Sport, Zurich 2013" introduces new classifications for concussion severity and makes clear that recovery time is a marker for determining the severity of a concussion. The Zurich Statement further clarifies these points: No athlete should return to play if symptomatic, physical and cognitive rest is required during the recovery period, and return to play following a concussion should follow a stepwise process.

Neurocognitive testing, such as ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), has become widely accepted as a standard of care following a sports-related concussion. Frisco ISD has implemented the ImPACT program for all Frisco ISD student-athletes participating in UIL sanctioned sports. Frisco ISD will be utilizing pre-season baseline testing and post-injury testing as a tool in the management of sports-related concussion. Every Frisco ISD athlete is required to complete baseline testing in the assigned years prior to participation in any athletic activities.

Return-to-Learn and Return-to-Play

Frisco ISD Return-to-Play protocol follows a stepwise process with the athlete meeting the following criteria:

- a. Athlete is symptom free @ rest and with cognitive exertion.
- b. Post ImPACT Test: Scores are within normal range of baseline test.
- c. Written clearance for progression to activity by a Licensed Physician.
- d. Successful completion of stepwise Return-To-Play progression program (5 steps).
- e. Athlete cannot return to full competition until Return-To-Learn (i.e. academic adjustments/accommodations/modifications have been lifted) has been completed.

Athletic Trainer onsite has discretion to withhold full return to competition if he/she suspects any concussion related signs/symptoms remain. Athletic Trainer onsite always has the option to refer back to the treating physician.

By placing a mark in the box on the previous page, the parents/guardians of the athlete, agree to abide by these expectations above at all times including practices and games, I understand the risks and dangers related with returning to play too soon after a concussion. Furthermore, in the event that my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in and comply with the FISD Return-to-Play protocol. The undersigned, being a parent, guardian, or another person with legal authority, grants this permission.