

### **Jurupa Unified School District Concussion Procedures**

- 1) All Jurupa Unified School District student-athletes must read the CIF/CDC Concussion Information Sheet and sign the student/parent concussion statement acknowledging that:
  - a. They have read and understand the CIF/CDC Concussion Information Sheet
  - b. They accept the responsibility for reporting their injuries and illnesses to the school's medical staff, including signs and symptoms of possible concussions.
- 2) All Jurupa Unified School District coaches (head coaches and assistant coaches) must read and sign the attached coaches statement acknowledging that they:
  - a. Have written proof they have taken the NFHS video course "Concussion in Sports - What You Need to Know" before coaching. (nfhs.org)
  - b. Have read and understand the CIF/CDC Concussion Information Sheet
  - c. Will encourage their athletes to report any suspected injuries and illnesses to the Jurupa Unified School District medical staff, including signs and symptoms of possible concussions; and that they accept the responsibility for referring any athlete to the medical staff suspected of sustaining a concussion.
  - d. Have read and understand the Jurupa Unified School District Concussion Management Protocol
- 3) All Jurupa Unified School District athletic trainers and athletic health care providers must read and sign the attached medical provider statement acknowledging that they:
  - a. Will assist in providing athletes with the Jurupa Unified School District Concussion Information Sheet and encourage their athletes to report any suspected injuries and illnesses to the Jurupa Unified School District staff, including signs and symptoms of possible concussions.
  - b. Have read, understand, and will follow the Jurupa Unified School District Concussion Management Protocol.
- 4) The athletic trainer or athletic health care provider will maintain Jurupa Unified School District concussion reports and Return to Participation procedures forms. Also, the signed and stamped medical release from a Doctor (MD or DO) will be kept in the student-athlete's medical file.
- 5) The Athletic Director will coordinate the signing of the aforementioned documents on an annual basis for the athletes, medical personnel, and coaches. The Department of Athletics will keep the signed documents, along with the established Jurupa Unified School District on file. A copy of the Jurupa Unified School District Concussion Procedures will also be distributed through the Coaches Manuals for all coaching staffs annually.

- 6) The Jurupa Unified School District Athletic Directors will coordinate an annual meeting each May to review and update the Concussion Procedures with the medical staff. Any changes to the procedures will be effective August 1 of that year.

### **Jurupa Unified School District Concussion Management Protocol**

A **concussion** occurs when there is a direct or indirect blow to the brain. As a result, transient impairment of mental functions such as memory, balance/equilibrium, and vision may occur. It is important to recognize that many sport-related concussions do not result in loss of consciousness and, therefore, all suspected head injuries must be taken seriously. Coaches and fellow teammates can be helpful in identifying those who may potentially have a concussion, because a concussed athlete may not be aware of their condition or potentially be trying to hide the injury to stay in the game or practice.

Concussions and other brain injuries can be serious and potentially life threatening injuries in sports. Research indicates that these injuries can also have serious consequences later in life if not managed properly. In an effort to combat these potentially catastrophic consequences the following concussion management protocol will be used for Jurupa Unified School District student athletes suspected of sustaining a concussion:

- 1) An athlete suspected of sustaining a concussion will be evaluated by the school's athletic trainer using the Jurupa Unified School District Concussion Report. If an Athletic Trainer is not present, the coach or athletic health care provider will use the Jurupa Unified School District Concussion Report.
- 2) The presence of symptoms will dictate that the student-athlete must be evaluated by a Doctor (MD or DO).
- 3) A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. CIF Bylaw 313/Ed Code 49475