

HEALTH AND WELFARE

§8-58 Concussions In Student Athletes

The goals of this policy are to ensure that student-athletes who sustain concussions are properly diagnosed, given adequate time to heal, and are comprehensively supported until they are symptom free.

A. Education

1. Students, Parents and Guardians. In order to participate in any extracurricular athletic activity, each student-athlete and the student-athlete's parent or guardian shall review, on an annual basis (every 12 months), information on concussions provided by Loudoun County Public Schools.

After having reviewed materials describing the short- and long-term health effects of concussions, each student-athlete and the student-athlete's parent or guardian shall sign a statement acknowledging receipt, review, and understanding of such information.

The Superintendent or designee will determine procedures for ensuring, annually, that statements are distributed to, and collected from each student-athlete and his or her parent or guardian with appropriate signatures.

2. School Personnel and Volunteers

(a) The Superintendent or designee will develop procedures to ensure school staff, coaches, athletic trainers, team physicians, and volunteers receive current training annually on:

- (i) how to recognize the signs and symptoms of a concussion;
- (ii) strategies to reduce the risk of concussions;
- (iii) how to seek proper medical treatment for a person suspected of having a concussion; and
- (iv) when the athlete may safely return to the event or training.

(b) The concussion policy management team shall ensure training is current and consistent with best practice protocols.

(c) LCPS will maintain a tracking system to document compliance with the annual training requirement.

(d) Annual training on concussion management shall use a reputable program such as, but not limited to, those listed in the accompanying regulation.

(continued)

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B. Removal From Activity

A student-athlete suspected by that student-athlete's coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice or game shall be removed from the activity at that time.

A student-athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury shall not return to play that same day nor until (i) evaluated by an appropriate licensed health care provider as determined by the Board of Education and (ii) in receipt of written clearance to return to play from such licensed health care provider. The licensed health care provider evaluating student-athletes suspected of having a concussion or brain injury may be a volunteer.

Appropriate licensed health care providers or properly trained individuals evaluating student-athletes at the time of injury will utilize a standardized concussion sideline assessment instrument, including, but not limited to, those described in the accompanying regulation.

C. Return To Activity

No member of a school athletic team shall participate in any athletic event or practice the same day he or she is injured and:

1. exhibits signs, symptoms or behaviors attributable to a concussion; or
2. has been diagnosed with a concussion.

No member of a school athletic team shall return to participate in an athletic event or training on the days after he/she experiences a concussion unless all of the following conditions have been met:

1. the student no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion;
2. the student is asymptomatic during, or following periods of supervised exercise that is gradually intensifying; and
3. the student receives a written medical release from a licensed health care provider.

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D. Helmets

1. Helmets must be National Operating Committee on Standards for Athletic Equipment (NOCSAE) certified by the manufacturer at the time of purchase.

2. Reconditioned helmets must be NOCSAE recertified by the reconditioner.

E. Community Involvement. At no cost to LCPS, reasonable efforts should be made to provide materials and training opportunities related to concussion management to organizations sponsoring athletic activity for student-athletes on school property.

Legal References: [§22.1-271.5](#) of the Code of Virginia.

Adopted: 6/28/11