

Procedure - Sports Concussion, Head Injury and Sudden Cardiac Arrest

A. District Athletic Director:

1. **Updating:** Each spring, the District Athletic Director will review any changes that have been made in forms required for a concussion, head injury and sudden cardiac arrest management by consulting with the WIAA or the WIAA website, licensed athletic trainers and other medical authorities with expertise in the evaluation and management of head injury and concussion.
2. **Identifying Sports:** By June 30 of each year, the District Athletic Director will identify sports activities offered by the District for which compliance with Policy 3244 is required. Annually, a list of sports activities and the District's Policy 3422 and Procedure 3422P will be distributed to all coaching staff and volunteers.

B. **Coach Training:** All coaches will undergo training in concussion, head injury, and sudden cardiac arrest management at least once every two (2) years by one of the following means: (1) through attendance at a WIAA or similar clock hour approved and medically accurate presentation; or (2) by completing WIAA online training. Documentation of this training will be maintained by the site athletic director at each building. Within two (2) days of the beginning of each season, the site athletic director will report to the District Athletic Director the name of any coach failing to successfully complete the required training. Coaches failing to comply with this requirement will not be allowed to continue coaching until the required training has been completed and documented by the District Athletic Director.

C. **Parent/Legal Guardian Information Sheet:** On a yearly basis, a concussion, head injury and sudden cardiac arrest information sheet will be distributed, online or in print format, to all athletes and parents/legal guardians, with an acknowledgement form signed by the student and parent/legal guardian returned to the school prior to the athlete initiating practice or competition.

D. **Coach's Responsibility:** An athlete who is suspected of sustaining a concussion or, head injury, or exhibits symptoms of sudden cardiac arrest, in a practice or game, will be immediately removed from play.

E. **Return to Play After Concussion, Head Injury or Symptoms of Sudden Cardiac Arrest:** A student athlete who has been removed from play may not return to play until an assessment conducted by a licensed health care provider, trained in concussion evaluation and management, and sudden cardiac arrest, has been completed, and written clearance has been given to return to participation. If a concussion or head injury is suspected, the athlete will be referred to a health care professional (MD/DO) trained in the evaluation of concussions. If a concussion is confirmed, the athlete must participate in a post-injury treatment plan developed and supervised by a licensed health care professional trained in concussion management, be free from recurring symptoms at rest and following physical

exertion, and have a post-injury ImPACT test score at the baseline test level prior to being considered for full participation clearance. Further, prior to returning to full participation, the athlete must be cleared and approved for participation by the District/school licensed athletic trainer.

Edmonds School District

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