

## STUDENTS

### Concussion, Head Injury and Sudden Cardiac Arrest Management in Student Sports

#### Athletic Director or Administrator in Charge of Athletics Duties

1. Updating:

Each spring, the athletic director, or the administrator in charge of athletics if there is no athletic director, will review any changes that have been made in forms required for concussion, head injury and sudden cardiac arrest management by consulting with the WIAA or the WIAA website. If there are any updated forms, they will be adopted and used for the upcoming school year.

2. Identifying Sports:

By June 30 of each year, the athletic director or administrator in charge will identify competitive sports and cheer activities in the District for which compliance with Policy 3423 is required. A list of competitive sports activities, Policy 3423, and this procedure will be distributed to all coaching staff, and volunteers.

#### Coach Training

All coaches will undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through attendance at a WIAA or similar clock hour presentation which uses WIAA guidelines, or (2) by completing WIAA online training.

All coaches will undergo training in sudden cardiac arrest prevention every three years by completing an online program developed by the WIAA and University of Washington Medicine Center for Sports Cardiology and providing proof of completion of same to the District. Coaches must ensure documentation of their completion of such training is promptly provided to the athletic director or the administrator in charge of athletics.

#### Parent Information

On a yearly basis, and prior to the youth athlete's initiating practice or competition, a concussion and head injury information sheet will be signed and returned by the youth athlete and the athlete's parent and/or guardian.

The information sheet will also incorporate a statement attesting to the student and parent/guardian's review of the online pamphlet on sudden cardiac arrest posted on the District website. The statement must be signed by both the student and parent. The information sheet may be incorporated into the parent

permission sheet which allows students to participate in extracurricular athletics. The student may not practice or compete until the acknowledgement form is signed by a parent and/or guardian and returned to the student athlete's coach.

Coach's Responsibility

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game or one who exhibits symptoms of sudden cardiac arrest will be immediately removed from play.

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 the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and sudden cardiac arrest and receives written clearance to return to play from that health care provider, a copy of which must be provided to the student athlete's coach. The health care provider may be a volunteer.

Approved: January 27, 2010  
Revised: August 26, 2015