

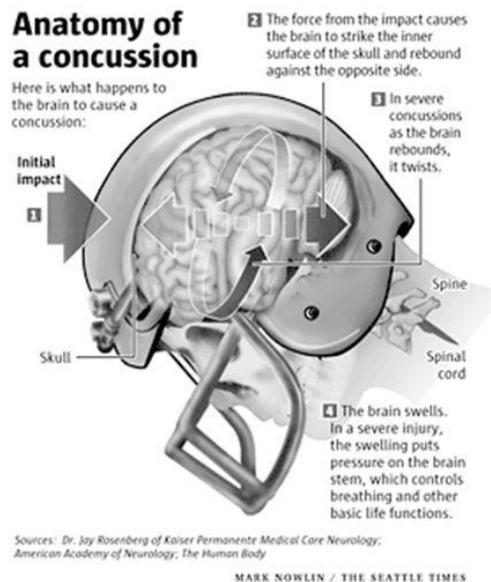
Concussions/Head Injuries

In response to legislation on sports-related head injuries in 2010, the Massachusetts Department of Public Health developed regulations that were promulgated in 2011 and apply to all public middle high schools and other schools subject to the rules of the Mass. Interscholastic Athletic Association (MIAA) with extracurricular sports for grades 6-12. The law *An Act Relative to Safety Regulations for School Athletic Programs* requires specific documentation to facilitate a student's participation in sports, and to document and manage a student with a head injury. Some of these forms require parent/guardian signature and student signature. Recognition and proper response to concussions when they first occur can prevent further injury.

Students with head injuries will require medical clearance from their healthcare provider before being allowed to return to school and/or sports. Students with head injuries may require temporary classroom accommodations to manage the impact a concussion can have on academic performance. Please contact your healthcare provider immediately if your child is having difficulty in school following a head injury. Also inform your school nurse and guidance counselor if any accommodations are required.

Definition of Concussion

- Shaking of the brain within the skull
- Contusion of the brain
- 1.7 million people annually
<http://www.cdc.gov/traumaticbraininjury/>



Know your concussion ABC's: **A**ssess the situation. **B**e alert for signs and symptoms.
Contact a health professional.

Concussion Awareness

At or before the start of each sport or band season, all students who plan to participate in extracurricular athletic activities must complete and submit to the athletic director a current Department of Public Health **Pre-participation Form** signed by both the student and the parent.

If a student sustains a head injury or concussion during the season, the DPH Report of **Head Injury During a Sports Season form** must be completed by 1) the coach or band director if the injury or suspected concussion occurs during a practice or game or 2) by a parent if the injury occurs outside the school setting and forwarded to the coach or band director.

Each student who is removed from play for a head injury or suspected concussion must obtain and give to the Athletic Director a completed DPH **Post-Sports-Related Head Injury Medical Clearance and Authorization form** before returning to the extracurricular athletic activity.

Forms:

[Pre-participation form](#)

[Report Of Head Injury during Sports Season](#)

[Medical Clearance and Authorization to Return to Play form](#)

In accordance with the MIAA and the Commonwealth of Massachusetts Department of Public Health all parent(s) or guardian(s) **and** student athletes must complete concussion awareness education. This applies to one school year and must be repeated for every subsequent year. Please print out a certificate of completion after completing this free DPH approved online course.

[Free online Concussion Awareness Training](#)

What is a concussion?

A concussion is a type of traumatic brain injury that is caused by a bump or blow to the head or by a hit to the body or some other injury that shakes the brain inside the skull. This sudden movement can cause the brain to bounce around in the skull creating chemical changes in the brain. Although there may be injuries noted on the head or face there may be no other visible signs of a brain injury. After a concussion the brain is more sensitive to damage while you are recovering. It is important to avoid activities that may injure you again. It is not always easy to determine if you have a concussion because you don't have to lose consciousness to have a concussion. Symptoms may range from mild to severe and can last for hours, days, weeks, or even months. With proper rest most people fully recover from a concussion. Always seek

medical attention and advice from your private physician. Follow the steps needed during the recovery process to facilitate the healing of your brain.

Please inform your child's school nurse if he/she has experienced a concussion. It is important to discuss the plans and procedures of your child's return to academics, athletics and physical activity.

For additional information on head injuries follow the links below:

[CDC Traumatic Brain Injury and Concussions](#)

[CDC Heads Up To Parents](#)

[Heads Up: A fact Sheet for Parents](#)

[Kidshealth: Concussions](#)

[Sports Related Concussion and Head Injuries](#)

[Parents and Athlete Concussion Information Sheet](#)

[Hoja Informativa Sobre la Conmocion Cerebral- Spanish](#)