

# Crescent Public Schools

## Sports Medicine Policy

**POLICY STATEMENT:** This policy communicates comprehensive procedures for the sports medicine program at Crescent Public Schools, including but not limited to, preparticipation examinations, emergency action plans, concussion management, and return to play guidelines.

**PURPOSE:** It is the goal of the Crescent School District to ensure a safe experience for student athletes. This policy is also intended to meet the requirements of Title 70 O.S. 24-155.

### ***PREPARTICIPATION EXAMINATIONS:***

Student athletes are required to undergo a preparticipation physical examination. Physicals may be completed no earlier than May 1 of the preceding year.

### ***EMERGENCY ACTION PLAN:***

Emergency situations may arise at anytime during athletic events. The development and implementation of this plan will help ensure that the best care will be provided in the quickest manner possible. As athletic injuries may occur at any time and during an activity, the sports medicine team must be prepared. Proper preparation on the part of the sports medicine team should enable each emergency situation to be managed properly. This plan should serve as a guideline for such emergencies during athletic events and practices at Crescent Public Schools.

Components of the Emergency Plan:

1. Emergency Personnel
2. Roles of the sports medicine team
3. Emergency Communication
4. Emergency Equipment

Emergency Personnel:

The sports medicine team is composed of a team-physician, licensed athletic trainer, athletic director and in the absence of the before mentioned personnel, the head coach who is CPR certified and has completed the care and prevention course. If the physician is not present, the athletic trainer should

take control of all athletic-related emergencies and delegate the appropriate duties to the appropriate personnel. If the athletic trainer is not present, the head coach will take control of all athletic-related emergencies and delegate the appropriate duties to the appropriate personnel. A certified athletic trainer or first responder will be readily available during games and practices of high-risk interscholastic sports. In the absence of these personnel, the head coach is responsible for delivering first aid. Under these circumstances, there should be a reliable form of communication between the coach and EMS should the athletes status require more advanced care.

Roles of the sports medicine team:

The sports medicine team should establish scene safety and provide immediate care of the injured athlete. A member of the sports medicine team will activate the emergency medical system, if this activation is required the team physician or athletic trainer will direct another member to activate 911. This responsibility usually lies with the athletic director or head coach.

Emergency Communication:

Athletic trainers and emergency medical personnel must work together to provide the best emergency response capability. Communication prior to an event is beneficial to the sports medicine team and local EMS. Access to a telephone, whether fixed or mobile, should be assured at all events. This telephone should be checked prior to the event. At Crescent Public Schools, cellular telephones are utilized as the primary means of communication.

Emergency Equipment:

All necessary emergency equipment should be at the site and quickly accessible. Equipment should be in good working condition and personnel must be trained in advance to use it properly. Crescent Public School has an Automated External Defibrillator (AED) located in the Superintendents office and in the elementary office.

### ***CONCUSSION MANAGEMENT:***

Concussions are serious injuries that need to be taken care of properly. If not treated correctly, there is greater risk for further, more disruptive injury, and/or longer recovery time. In order to ensure that any athlete that suffers from a concussion is safely returned to play, the following procedures will be followed for every concussion.

1. Crescent Public Schools utilize the ImPACT neurocognitive assessment tool to assist in concussion management. Each year, freshman and juniors will be undergo baseline

testing prior to participation. Any students transferring into the district will undergo baseline testing upon enrolling at Crescent.

2. At the beginning of the school year, or at any time a new student athlete begins participation in extracurricular sports, the student and his/her parent or guardian will be provided with a concussion / head injury information sheet. The athlete and the parent or guardian will be required to sign and return an acknowledgment form to the head coach prior to being allowed to participate in practice or games. (See attached)
3. Any athlete suspected of having suffered a concussion or head injury will be immediately removed from play by the team physician, athletic trainer, or head coach. The team physician or athletic trainer will evaluate the injured athlete and determine his/her ability to be returned to play. These decisions will be based upon interview, physical examination, and in guidance with current accepted standards. If the team physician and/or athletic trainer are not present, the athlete will not be allowed to return to play that day.
4. Any athlete that loses consciousness during participation, should be referred to the local emergency department for further evaluation and management.
5. All athletes suspected of suffering from a concussion should be tested with the ImPACT computerized neurocognitive assessment within 24 hours of the injury. This test will be reviewed by the team physician and return to play decisions will be made based upon interview, physical examination, and ImPACT results.

#### Outside Consultations:

If the student-athlete and/or parents/guardians prefer to seek other medical care regarding a suspected concussion, the Crescent Public School will:

1. Assume no financial responsibility for any expenses incurred.
2. Not render any follow-up medical care.
3. Not allow the student-athlete to participate until the team physician, athletic trainer, or athletic director have received a detailed written report and other required medical records from the attending physician. This must include a written release for practice and/or competition within the student-athletes specific sport.

In the event that the student athlete has received a return to play authorization from their private physician, but still exhibits signs and/or symptoms of a concussion, or has not successfully completed the ImPACT testing and returned to baseline or have ImPACT results within an acceptable norm, the athlete will not be allowed to return to play until the team physician has reviewed the results and consulted with the private physician.

# Concussion and Head Injury Acknowledgment

## Crescent Public Schools

In compliance with Oklahoma Statute Section 24-155 of title 70, the acknowledgment form is to confirm that you have read and understand the concussion fact sheet related to the potential concussion and head injuries occurring during participation in athletics.

By signing below, I verify that I have read the information provided to us related to concussions and head injuries occurring during participation in athletic programs and understand the content and warnings.

I also understand that Crescent Public School utilized the ImPACT neurocognitive testing to help evaluate athletes who sustains a head injury and/or concussion. Any athlete suspected of sustaining a concussion will be removed from play, and not allowed to return to play until evaluated by a physician and evaluated by the Crescent Athletic Department utilizing the ImPACT test.

\_\_\_\_\_  
Signature of student athlete

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/legal guardian

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date