

Student Concussion, Head Injury and Sudden Cardiac Arrest

Purpose

This policy sets forth the requirements concerning school and public awareness of and response to head injuries and sudden cardiac arrest in students participating in interscholastic athletics and other school activities.

Scope

This policy applies to the Athletic Director, administrators, coaches, staff, volunteers, parents or guardians, students and the community.

Policy

1. CONCUSSION AND HEAD INJURY

- 1.1. The Valley School District Board of Directors recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in interscholastic athletics (sports) and other recreational activities. The Board acknowledges that the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.
- 1.2. Therefore, all competitive sport activities in the district will be identified by the administration and all appropriate district staff, coaches and team volunteers will complete training as required in Procedure 3423P1 to recognize warning signs and symptoms of concussion and head injury. Additionally, all coaches will comply with Washington Interscholastic Activities Association (WIAA) guidelines for the management of concussions and head injuries.
- 1.3. Consistent with Washington law, the district will utilize guidelines developed with the WIAA and other pertinent information to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.
 - 1.3.1. Annually, the district will distribute a concussion and head injury information sheet to all student participants in competitive sports and their parents/guardians, who must return a signed statement to the school documenting their review prior to the student initiating practice or competition.
- 1.4. Any time a student receives a bump or blow to the head during school activities, staff will notify parents/guardians and provide information about concussion and head injury.

2. SUDDEN CARDIAC ARREST

- 2.1. The Board of Directors further recognizes that sudden cardiac arrest is reported to be the leading cause of death in young athletes. The Board will work with the WIAA and the University of Washington Medicine Center for Sports Cardiology to make available an online pamphlet that provides student athletes, their parents/guardians and coaches

with information about sudden cardiac arrest. To this end, the district will maintain a link on its website to the OSPI website where the online pamphlet will be posted.

- 2.2. Annually, prior to participating in an interscholastic athletic activity, students and their parents/guardians must review the online pamphlet and return a signed statement to the school documenting their review. This form may be combined with the annually-distributed concussion and head injury information sheet referenced in section 1.3.1, above.
 - 2.3. The Board will also work with the WIAA and the University of Washington Medicine Center for Sports Cardiology to make available an existing online sudden cardiac arrest prevention program for coaches. Every three years, prior to coaching an interscholastic athletic activity, all coaches will complete the online program and provide a certificate of completion to the district.
 - 2.4. All coaches, including volunteers, will complete training as required in the district procedure. Additionally, all coaches will comply with WIAA guidelines for the management of sudden cardiac arrest.
3. Prior to their first use of school facilities, all private nonprofit youth programs must provide a written statement of compliance with this policy in regard to concussion, head injury and sudden cardiac arrest, with proof of insurance as required by RCW 4.24.660.

Related Procedures

- 3423P1-Managing Concussion, Head Injury and Sudden Cardiac Arrest
- 3412P1-Automated External Defibrillators
- 3412P2-Emergency Action Plan for Sudden Cardiac Arrest
- 3418P1-Response to Student Injury or Illness
- 4260P1-Community Use of School Facilities

Policy Cross References

- 3412-Automated External Defibrillators
- 3418-Response to Student Injury or Illness
- 4260-Community Use of School Facilities

Policy Legal References

- Chapter 28A.600 RCW – Students
- RCW 4.24.660 – Liability of school districts under contract with youth programs

Management Resources

- Policy & Legal News*, June 2015 – New law addresses sudden cardiac arrest in young athletes
- Policy News*, August 2009 – Concussion and Head Injuries Legislation

Policy History

| Action: | Date: |
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| Revised | October 21, 2015 |
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