

CONCUSSION/HEAD INJURY/MILD TRAUMATIC BRAIN INJURY (TBI) INFORMATION

PARENTS SHOULD DETACH AND RETAIN THIS IMPORTANT INFORMATION

Definition:

A concussion is a type of traumatic brain injury (TBI) which alters the functioning of the brain. A concussion can occur with any bump, blow, or jolt to the head or body that causes the brain to quickly move back and forth. Concussions can occur as a result of a fall, motor vehicle accident, accident on the playground, during athletic participation, or during many other activities. All concussions are serious and need to be evaluated by a health care professional. Research indicates that between 80-90% of concussions do not involve loss of consciousness.

Signs and Symptoms:

Look for the following signs and symptoms of concussion for any student who suffered a bump, blow, or jolt to their head or body:

- Headache or head “pressure”
- Nausea and/or vomiting
- Dizzy and/or problems with balance
- Blurry vision or double vision
- Light and/or noise sensitivity
- Feels “foggy”
- Hard time concentrating
- Hard time remembering
- Confused
- Just “doesn’t feel right”
- Unable to remember events before or after the injury
- Loss of consciousness
- Appears dazed or out of it

Prevention:

Below are ways to help reduce the risk of sustaining a concussion:

- Wear a seat belt every time you are driving or riding in a vehicle.
- Never drive or ride in a vehicle with someone who is under the influence of drugs or alcohol.
- Wear appropriate safety equipment including properly fitted helmets such as but not limited to when:
 - Riding a bike, motorcycle, snow mobile or ATV;
 - Playing contact sports (examples include football, soccer, hockey, and lacrosse);
 - Skiing, snowboarding, and sledding; horseback riding; or batting during baseball or softball.
- During any athletic participation including practices and games:
 - Always use the recommended protective equipment for that sport (all equipment should be fitted appropriately and maintained according to manufacturer’s recommendations);
 - Safety rules need to be followed by all participants as well as proper techniques for safe playing;
 - Learn and follow the rules of the sport being played and promptly and honestly report injuries to an adult; and
 - Any student with a head injury must be removed from participation, will be referred to their healthcare provider for follow-up; and will remain out of play until proper medical documentation is submitted.

CONCUSSION/HEAD INJURY/MILD TRAUMATIC BRAIN INJURY (TBI) INFORMATION

PARENTS SHOULD DETACH AND RETAIN THIS IMPORTANT INFORMATION

Returning to Sports/Athletics:

The District follows the International Consensus Conference Guidelines for Return to Play (RTP) to team sports in a monitored and graduated progression of activity over six phases once the athlete is symptom free for at least 24 hours and medically cleared by their physician*. The process is detailed below.

International Consensus Conference Guidelines for Return to Play Following Head Injury/Concussion

Phase 1 -Low Impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, swimming in three 10-minute intervals with rest in between; no resistance training.

Phase 2-Higher impact, higher exertion activity in two 15-minute intervals, with rest in between, such as running/jumping rope, skating, or other cardio exercise; may be sports specific if available (e.g. skating without collision meaning suited up, but skating when the team is not doing drills; running without impact in soccer or football, suited up), no resistance training.

Phase 3-Repeat phase 2 progressing with shorter breaks, and add additional 10-15 min. stationary skill work, such as dribbling, servicing, tossing a ball (balls should not be thrown or kicked in the direction of the student); low resistance training if available with spotting.

Phase 4-repeat of phase 3 without breaks in cardio but add skill work with movement (allowing balls to be thrown/kicked in the direction of student) and add additional 10-15 minutes; non-contact training drills.

Student will complete post –injury ImPACT computer-based neuro-cognitive testing to compare with baseline pre-injury test results in combination with the athlete’s current overall neuro-cognitive symptoms and physical presentation. Collaboration between the ATC, RN, District Physician and/or NP, and private medical provider, as needed, will determine plan to either advance to Phase 5, hold at Phase 4, or regress to a previous phase of exertion.

Phase 5-Repeat phase 4 as a warm up; weight lifting with spotting; full contact training drills for full practice session.

Phase 6-Warm up followed by full participation as tolerated

*For purposes of the head injury RTP protocol, an appropriate physician evaluation is completed by a practicing MD or DO within the following specialties: family medicine, pediatrics, sports medicine, neurology, or neurosurgery, with preference given to the individual’s primary care physician. Family members and friends of the family who are medical providers may not serve as appropriate physician. The physician completing the physician’s evaluation form should document name, degree, specialty, practice name (if applicable), address, and phone number.

For additional information on traumatic brain injuries (TBIs), please visit the following websites:

<http://www.cdc.gov/concussion/HeadsUp>

<http://www.cdc.gov/TraumaticBrainInjury/>

<http://www.health.ny.gov/prevention/injuryprevention/concussion.htm>

Information adapted from The Centers for Disease Control, Heads Up Concussion in Youth Sports,

<http://www.cdc.gov/concussion/HeadsUp/>

KENMORE-TONAWANDA UFSD
DEPARTMENT OF PHYSICAL EDUCATION, RECREATION, AND ATHLETICS

BRETT A. BANKER, SUPERVISOR
1500 COLVIN BLVD.
BUFFALO, NY 14223-8609
PHONE: 716-871-3082 FAX: 716-873-1259
bbanker@ktnufsd.org

2015-2016

Athletic Code of Conduct Agreement

Parents and student-athletes are asked to review and sign after each section and return it to the coach.

Student-Athlete: _____

School: _____

Sport: _____

Duty to Warn

Coach: _____

As the parents/legal guardian of student-athlete, _____, who attends _____ Middle/ High School, we hereby state that we understand that participation in sports involves rigorous physical activity and risks of physical injury, and we assume these risks. We understand the inherent risks involved in participation may lead to injuries, infections such as MRSA or even sudden death. I hereby give consent for emergency transportation and treatment in the event of illness or injury. I give permission for my child's coach and the on-site athletic trainer to perform first aid if needed. I further certify the participant is in good physical condition, and has no medical or physical conditions that should restrict his/her participation.

Parent/guardian signature

Student-athlete signature

Code of Conduct

We the parents/legal guardians of an athlete in the Kenmore-Tonawanda UFSD, understand our child's role in accepting responsibility and the consequences for inappropriate actions. We understand that as an athlete our child will be held to a high standard. We have read the district's Code of Conduct and will support the rules as set forth. We will also support additional rules set forth by individual coaches.

Parent/guardian signature

Student-athlete signature

Residency & Data Release

We pledge that our student-athlete is a bona fide student in the Kenmore-Tonawanda UFSD and that he/she resides in said district. I hereby grant permission to the coaching staff and athletic department to release sports related data relevant to our son/daughter's team or individual accomplishments. The data that may be released may include sports specific statistics, jersey numbers, height and weight, grade level, and at times photographs of our son/daughter participating. Photographs may appear in yearbooks, media guides, and school/district websites.

Parent/guardian signature

Student-athlete signature

The Management of Concussions

We acknowledge that we have read the information regarding concussions provided by the district. Further, we support district policies as outlined and we have discussed the issue of concussions with our child. **Please detach and retain the important concussion information attached to this agreement.**

Parent/guardian signature

Student-athlete signature

A Parent & Spectators Guide to Improving Youth Sports

Dear Parents & Spectators:

Welcome to the Kenmore-Town of Tonawanda Union Free School District and our outstanding athletic program. We thank you for making the conscious decision to have your student involved in school athletics. We are proud of our diverse program that includes over 180 teams district-wide. We believe strongly in the positive, life-altering attributes that are emphasized through participation: dedication, commitment, leadership, group goal-setting, sportsmanship, respect and responsibility, among others.

Thank you for supporting these programs and your child. We know that not all of what will occur this season and in subsequent seasons will be positive and there may be moments that challenge you and your student-athlete. We must be committed to the fact that a large measure of growth will come from failing and working through that disappointment. Let's remember who the games are for and treat not only our players, but the opponent, referees, other spectators and coaches with respect.

We all know how fleeting this experience is. Let's all agree to help make it a positive, unforgettable time in the lives of these young athletes.

Thank you,

Brett A. Banker

Supervisor, Health Services, Physical Education, Recreation & Athletics

Conduct of all involved in the Co-Curricular Athletic Program

Kenmore-Tonawanda UFSD Expectations

Ken-Ton strives to encourage good sportsmanship throughout our athletic program, and this includes good behavior during athletic contests. We expect all players, coaches, and spectators at our contests to be respectful of players, coaches, supervisors, officials, and other spectators.

Fans are encouraged to applaud the efforts of their team and should not engage in any behavior that is distracting or derogatory towards opponents or officials. We believe it is imperative to let the players, coaches, and officials play the game. Fans can be an asset for their team by supporting and cheering good play, but the Kenmore-Tonawanda UFSD will not permit any behavior that detracts from the proper conduct of the game or that disadvantages a player or team.

- Treat all visitors to our facilities as you would treat guests to your home
- Use only cheers that support and uplift the team
- Respect the integrity and judgment of game officials
- Do not throw any objects onto the playing surface at any time
- Do not engage in the use of controlled substances before, during, or after the games



Spectators Expectations

The team bench or team sideline area is off limits to all spectators. Only authorized school personnel are permitted. (Example: statisticians, clock operators, trainers, media, managers.) The school reserves the right to remove any spectator from a contest for unsportsmanlike conduct or behavior. The school also reserves the right to refuse attendance to those whose conduct is not appropriate to the spirit of good sportsmanship. Sportsmanship is the responsibility of all people involved in the Kenmore Town of Tonawanda School District. Let us all join together in helping each other make Ken-Ton Athletics what it was intended to be – a physical and emotional growing experience.

Niagara Frontier League

Code of Conduct for Parents, Spectators & Fans

I Will Always

Respect the decision of the officials

I Will Be

Supportive and keep my comments positive

I Will Never

Do anything to deter the players' love of the game

I Will Refrain

From entering the field of play during or immediately after the contest for safety reasons

I Will Never

Use profanity or physically attack a person, player, coach, or official

I Will Do

Everything in my power to negate trash talking! It's NOT a healthy part of interscholastic athletics

I Recognize

The emotional & physical well-being of the players is first, before my desire to win

I Will Encourage

A safe and healthy environment for both teams

I Will Remind Myself

That the game is for the kids & not the adults
We, the Student-Athletes of the Niagara Frontier League,
Sincerely hope that IF all the parents, spectators, and fans can follow & abide by these rules, the GAME will be much more enjoyable for all

Parental agreement:

I, _____, agree to adhere to the ideas

(Please print name)

and principles set forth in this guide.

Parent Signature

Date