

Parent Concussion Information

The following is a concise explanation of the DMPS concussion policy. The purpose of this document is to help educate parents and students/athletes on concussion management expectations at DMPS. If you have any questions about this policy, please refer to your school's Athletic Trainer if you are an athlete and to the school nurse for students.

Note: Certified Athletic Trainers are considered health care providers

What is a concussion? https://www.cdc.gov/headsup/basics/concussion_what_is.html

“A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells”
CDC (, 2019, Feb 12)

What are the signs/symptoms of a concussion?

Concussion Signs Observed

- Can't recall events before or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Concussion Symptoms Reported

- Headache or “pressure” in the head
- Nausea or vomiting
- Balance problems of dizziness or double or blurry vision.
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration, or memory problems
- Just not “feeling right” or “feeling down”

Concussion Policy

1. Any student displaying concussion symptoms must be removed from practice/play immediately and for the rest of the day.
2. A licensed health care provider must evaluate any student with suspected head injury/concussion.
3. Any athlete (in or out of season) assessed to have sustained a concussion must follow up with their school's Certified Athletic Trainer and school nurse regardless of if the concussion happened on school grounds or not. (See nurse if not an athlete)
4. Any student assessed to have sustained a concussion must complete a six-step protocol with a licensed health care provider with provisions for delayed return to play based upon the return of any signs or symptoms before they are allowed to return to play.
5. Return to play will be started after the school nurse completes the return to learn, and no more extended school accommodations are necessary.
6. Return to play will be commenced when the student is no longer showing signs, symptoms, or behaviors consistent with a concussion or other brain injury for a minimum of 24 hours.
7. Each step-in return to the play process shall take a minimum of 24 hours. Suppose the student shows signs, symptoms, or behaviors consistent with a concussion or other brain injury at any step of the return to play protocol. In that case, that student must stop the activity, and the student's parent or guardian shall be contacted, and an additional 24-hour period of rest shall take place. Once the student shows no signs, symptoms, or behaviors consistent with a concussion or other brain injury, they may begin the return to play progression again from stage 1.
8. Return to play stages will only begin after Return Learn has been completed with the school Nurse
 - a. Stage 1: Daily activities that do not provoke symptoms
 - b. Stage 2: Light aerobic exercise
 - c. Stage 3: sport-specific exercise
 - d. Stage 4: Non-contact training drills
 - e. Stage 5: Full contact practice
 - f. Stage 6: Return to competition