



CONCUSSION PROTOCOL AND POLICY 2023-24

Roots Charter High School is committed to ensuring the safety and well-being of our students, and we recognize the potential risks associated with concussions. While we may not have organized sports teams, we understand concussions can occur in various activities, including physical education classes and farm work. Therefore, we have established the following concussion protocol and policy based on best practices:

Education and Awareness

- Roots Charter High School will provide concussion education and awareness programs to students, parents/guardians, and staff members. This will include information on the signs and symptoms of concussions, the importance of early recognition, and the potential risks associated with continued participation in activities while concussed.
- All students, parents/guardians, and staff members will be required to review and acknowledge receipt of concussion-related educational materials, including the signs, symptoms, and potential consequences of concussions.

Prevention Measures

Physical Education Classes:

- a. Physical education instructors will incorporate safe practices, proper technique, and appropriate safety equipment in class activities to minimize the risk of concussions.
- b. Activities and equipment will be age-appropriate and aligned with recognized safety guidelines.

Farm Activities:

- a. Students participating in farm activities will receive safety training specific to their tasks. This training will emphasize safe handling of tools, proper use of protective equipment, and awareness of potential hazards that could lead to concussions.
- b. Supervising staff will regularly assess the farm environment for potential risks and take necessary precautions to minimize the likelihood of concussions.

Recognition and Reporting

All staff members will receive training on recognizing the signs and symptoms of concussions, including the importance of immediate reporting and seeking appropriate medical attention. Students who suspect they have sustained a concussion or experience symptoms related to a head injury during school activities, whether in physical education or on the farm, are encouraged to report it to a staff member immediately.

Response and Management

Any staff member who receives a report of a suspected concussion or observes signs of a head injury will:

- a. Take immediate action to ensure the student's safety and remove them from any potentially hazardous activity.
- b. Notify the appropriate school personnel, including administrators and the school nurse.



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Parents/guardians of students suspected of sustaining a concussion will be promptly informed, and they will be strongly advised to seek medical evaluation from a qualified healthcare professional.

Students who are diagnosed with a concussion will be required to follow medical guidance, which may include academic accommodations, physical activity restrictions, and a gradual return-to-learn plan as recommended by healthcare professionals.

Return-to-Play and Return-to-Learn

Students must obtain written medical clearance from a healthcare professional trained in concussion management before participating in physical activities or returning to full academic responsibilities.

The school will work collaboratively with parents/guardians, healthcare professionals, and the student to develop and implement an individualized Return-to-Play and Return-to-Learn plan, ensuring a safe and gradual transition back to regular activities.

Policy Review and Training

This concussion protocol and policy will be reviewed periodically to align with current best practices and any changes in state or national guidelines.

All staff members will receive regular training on concussion recognition, reporting, and management to ensure the effective implementation of this policy.

By signing below, I acknowledge that I have read, understood, and will comply with the Concussion Protocol and Policy of Roots Charter High School.