



July 2018

Re: Concussion Information

Dear Parent/Guardian:

Montgomery County Public Schools (MCPS) has a *Concussion Plan* that includes comprehensive, systemwide standards and procedures regarding student-athletes who suffer head injuries and concussions. A complete description of the *MCPS Concussion Plan* and corresponding components are available in the *Health and Safety* section of the MCPS Athletics web page at <http://www.montgomeryschoolsmd.org/departments/athletics>.

Education

Education is an important component of the *Concussion Plan*. It is important that parents/guardians and students understand the serious nature of concussions, and corresponding signs and symptoms. At a minimum, parents/guardians must review a document entitled *Head's Up—A Fact Sheet for Parents*. Student-athletes are required to review a similar document designed for student-athletes. Also, a *Health and Safety PowerPoint* will be presented to all student-athletes which includes information regarding concussions. The PowerPoint is available in the *Health and Safety* section of the MCPS Athletics web page. Additional information on the Athletics web page which parents/guardians and students are encouraged to review includes:

- *MCPS Concussion Plan*
- *What is a Concussion?*
- *Concussion in Sports* (an online 30-minute concussion course)
- *A Parent's Guide to Concussions*

Baseline Concussion Testing

MCPS student-athletes are required to have a baseline test on file with the school prior to participating in a scrimmage or contest. Baseline tests are valid for two-years. Thus, if a student-athlete had a baseline test last year, he or she will not need to retake the test this year. Additional information regarding baseline concussion testing is included in a letter that is provided to parents/guardians during the online registration process for athletics (also available on the MCPS web page). The *MCPS Baseline Testing Plan* is located in the *Health and Safety* section of the MCPS Athletics web page.

Athletic Trainers

Athletic trainers are assigned to each MCPS high school. Athletic trainers will assist coaches and student-athletes in many health and safety-related areas, including on-site evaluation of head injuries, implementation of baseline testing and in monitoring gradual return-to-play protocol for student-athletes who have suffered a concussion.

Required Consent/Information

Prior to participation, student-athletes and parent/guardians are required to electronically submit three specific forms that relate directly to concussions, concussion awareness, and baseline concussion testing. These forms are completed during the registration process for athletics through the myMCPS Parent Portal.

- *Pre-Participation Head Injury/Concussion Report Form for Extracurricular Activities*
- *Concussion Awareness (Parent/Student-Athlete Acknowledgement Statement)*
- *Consent Form: ImPACT Baseline Concussion Testing*

Procedures

Detailed procedures regarding head injuries and concussions are outlined on the *MCPS Concussion Plan*. A general overview of the *Concussion Plan* and corresponding procedures include:

- Any student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be removed from the practice or contest and shall not return to play until cleared by an authorized health care provider—the clearance form must be signed.
- The student-athlete's parents/guardians shall be informed that their son or daughter may have suffered a concussion and shall be advised to take their child to an authorized health care provider as soon as possible. The parent/guardian will be issued the MPSSAA form **Medical Clearance for Student-Athlete Suspected Head Injury*.
- Appropriate school personnel, including administrators, athletic director, and school nurse, will be informed of the injury. Appropriate follow-up will be initiated.
- If the student-athlete suffered a concussion, he or she may begin a supervised gradual return-to-play process on the date indicated on the form *Medical Clearance for Student-Athlete Suspected Head Injury*.
- The student-athlete's gradual return to full activity is monitored by school staff over a five-day period, according to the MPSSAA form **Graduated Return to Play Protocol*.
- The student-athlete may resume full participation after he or she successfully completes a supervised, gradual return-to-play protocol.

*These forms are located in the Health and Safety section of the MCPS Athletics web page at <http://www.montgomeryschoolsmd.org/departments/athletics>.

Sincerely,



Jeffrey K. Sullivan
Director of Systemwide Athletics

JKS:rtm

Copy to:

Dr. Zuckerman
Ms. Green