

Oak Hill Academy Concussion Policy:

1. Educate students concerning symptoms of concussions via informational sheets and information posted in areas where concussions are likely to occur.
2. Educate coaching staff and physical education faculty concerning symptoms of concussions.
3. If a concussion is suspected, follow these steps:
 - Remove the student from physical activity immediately.
 - Have the student evaluated by the school nurse as soon as possible. If a nurse is not available and the student experiences **any** of the following symptoms: *deterioration of neurological function; decreasing level of consciousness; decrease or irregularity in respirations; decrease or irregularity in pulse; unequal, dilated, or unreactive pupils; any signs or symptoms of associated injuries, spine or skull fracture, or bleeding; mental status changes: lethargy, confusion or agitation or difficulty maintaining arousal; and/or seizure activity* – the student **should be transported** to the local emergency department via an **emergency response vehicle** immediately.
 - Inform the student's parents or guardians about the possible concussion and give them the fact sheet on concussions (provided by the nurse).
 - Keep the student out of play the day of the injury. The student should only return to play with written permission from a licensed health care provider. A licensed health care provider includes the following: a physician, a physician's assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Virginia Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.
 - Until the student has been evaluated by a licensed health care provider, it will be assumed by Oak Hill Faculty and Staff that the student has suffered a concussion, and will be treated as such.
4. OHA recognizes that a concussion can affect the student-athlete's ability to function in many activities in the school setting. Therefore, OHA will assist the student-athlete with his/her academic needs and provide an individualized health care plan, if appropriate, (with possible student-support team involvement) for the gradual reintroduction of cognitive demands for student-athletes who have sustained a concussion.