

Lynden School District No. 504  
Guidelines

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## **Lynden High School Athletic Head Injury Guidelines**

As part of the Emergency Action Plan for athletics, the Lynden School District will administer guidelines which provide for a safe and competitive athletic environment in accordance with rules set by the Washington Interscholastic Activities Association (WIAA) and State law.

In accordance with House Bill 1824 (the “Lystedt Law”), any athlete suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.

Further, the athlete who has been removed from play due to suspicion of head injury may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that healthcare provider. Another appropriately trained healthcare provider may clear the athlete only if the first healthcare provider indicates in writing that this is acceptable.

In most cases, the Lynden School District will accept the following healthcare professionals’ clearance for suspected head injuries to determine return to play status: Medical Doctor (MD), Doctor of Osteopathy (DO), Physicians Assistant (PA), Advanced Registered Nurse Practitioner (ARNP), Certified and Licensed Athletic Training (ACT, AT/L).

Lynden School District reserves the right to hold an athlete who has been cleared by a healthcare professional if the athlete either continues to show signs or symptoms of head injury, or feels that the legal risk is too great to have the athlete participate. This would be a rare circumstance and would be discussed at length with parents, athlete, athletic director, and healthcare professional involved including the Athletic Trainer. A history of multiple concussions would be an example of when this may occur.

Parents will not be allowed to sign waivers to allow their child to participate in an attempt to supersede the healthcare provider. The School District reserves the right to withhold an athlete from participation, even if a healthcare professional has allowed for return to play if District medical or administrative personnel feel that the risk is too high (i.e., healthcare provider is not following latest International Sport Concussion protocol for return to play). In cases of disagreement we defer to the Seattle Sports Concussion Clinic.

**Coaches’ Requirements:** All coaches (paid or volunteer) will be required to be trained every two years in First Aid and CPR prior to the first day of coaching using a program consistent with the latest standards from the American Heart Association Guidelines and a certified instructor. At the same time, coaches will be trained in recognition and immediate management of head injuries according to the WIAA requirements.

**LHS Sporting Event Coverage:** Each coach is responsible for carrying out the requirements of the head injury policy, i.e., removing players from practices or games who are suspected of head

injury. However, all home football games and away varsity football games will have present, one of the district's Licensed Athletic Trainer. Other events will be assigned by the Athletic Director (AD) according to Athletic Trainer's available contract hours. Student trainers covering other events will not take over the coach's responsibility, but will only assist the coach or Athletic Trainer.

**Record Keeping:** Training records will be kept by the Athletic Director. The Athletic Director will also maintain records of annual head injury information sheets which are signed and returned by the athlete and their parent(s)/guardian(s). Records of head injury will be kept by the district's Licensed Athletic Trainer, as well as, "return to play" forms received from other healthcare providers. The Athletic Trainer will also keep records of athletes cleared by him/herself.

**Athlete/Parent Responsibility:** Annually sign and return the Head Injury Information Sheet to the Athletic Director prior to participation.

**Outside Youth Sports:** The Lynden School District requires that all outside youth sports clubs using district facilities be required to annually complete the head injury information sheets for athletes/parents, and show completion of coaches' head injury training to the Athletic Director. At least one coach must be trained and present at all games and practices with a current card in First Aid and CPR.

Updated: September, 2017