

# Concussion Policy

## Oregon Conference Schools

### 1. Required Training and Signatures

- a. All school staff, teachers, athletic directors, and coaches, including volunteers, are required to participate in annual concussion training.
- b. Free and approved Concussion Training Courses:  
<https://nfhslearn.com/courses?searchText=Concussion>
- c. All parents of students participating in competitive sports are required to sign a concussion awareness form.

### 2. Recognize

Any student who receives a witnessed or suspected blow or jolt to the head must be removed and observed. School personnel are required to use the **Concussion Signs and Symptoms Checklist**. Students are to be monitored for a minimum of 30 minutes. Using the checklist, symptoms are monitored at 0 minutes, 15 minutes, and 30 minutes. Student may be released to class/play if no signs/symptoms are observed or reported.

### 3. Respond

If no signs/symptoms are observed: (1) Teachers/coaches are to be informed of the incident and must continue surveillance; (2) An Incident Report Form must be completed and provided to parents the same day.

### 4. Remove/Refer

If the student exhibits signs, symptoms, or behaviors consistent with a concussion, he or she shall not be permitted to return to interactive play for recess, sports, or any other athletic contest or practice on that same day. An incident report must be completed and provided to parents, and the student is to be referred to a healthcare professional. Send a copy of the **Concussion Signs and Symptoms Checklist** with the student for the healthcare professional to review.

### 5. Return

When a student has suffered a concussion and is no longer experiencing signs, symptoms, or behaviors consistent with concussion, he or she must obtain a medical release form signed by a Qualified Health Care Professional to return to any type of physical exercise, recess, sports, or any other athletic contest or practice.

References for Oregon Law	References for Washington Law
Max's law (OAR 581-022-0421) SB348 or ORS 336.485 Oregon Administrative Rule 581-022-0421 <a href="https://www.oregon.gov/ode/educator-resources/standards/physicaleducation/Pages/Concussions.aspx#:~:text=This%20law%20requires%20individuals%20engaged,suspected%20of%20having%20a%20concussion.">https://www.oregon.gov/ode/educator-resources/standards/physicaleducation/Pages/Concussions.aspx#:~:text=This%20law%20requires%20individuals%20engaged,suspected%20of%20having%20a%20concussion.</a>	Zackery Lystedt Law  <a href="https://doh.wa.gov/community-and-environment/schools/environmental-health/concussion-management">https://doh.wa.gov/community-and-environment/schools/environmental-health/concussion-management</a>