



SCHOOL BOARD ACTION REPORT

DATE: January 18, 2017
FROM: Dr. Larry Nyland, Superintendent
LEAD STAFF: Tara Davis, Assistant Executive Director of Athletics (206.252.1791; tadavis@seattleschools.org); Eric McCurdy, Executive Director of Athletics (206.252.1806; ecmccurdy@seattleschools.org)

1. TITLE

Amending Board Policy No. 3422, Student Sports – Concussion and Head Injuries

For Introduction: March 1, 2017
For Action: March 15, 2017

2. PURPOSE

This Board Action Report makes edits to Board Policy No. 3422, Student Sports – Concussion and Head Injuries, in order to meet new requirements in State law. The changes highlight the need to include education and training around sudden cardiac arrest.

3. RECOMMENDED MOTION

I move that the School Board amend Board Policy No. 3422, Student Sports – Concussion and Head Injuries, as attached to the Board Action Report.

4. BACKGROUND INFORMATION

a. Background

This Board Action adds a new section to this policy regarding sudden cardiac arrest. Recent research has shown that sudden cardiac arrest is the leading cause of death for young athletes. In July 2015, the State Legislature passed ESSB 5083, the Sudden Cardiac Arrest Awareness Act, placing new requirements about the dissemination of information related to sudden cardiac arrest. The District has been distributing this information to student athletes and their families, but the policy had not yet been updated to reflect this. The policy is also being updated to reflect the training requirements for coaches in state law and a separate requirement that any outside organizations using District facilities also disseminate this information and information about concussions and head injuries.

b. Alternatives

Since this is a legislative action requiring compliance, there are no other recommended alternatives.

c. Research

RCW 28A.600.190; Youth sports—Concussion and head injury guidelines—Injured athlete restrictions—Short title.

RCW 28A.600.195; Sudden cardiac arrest in youth athletes—Online pamphlet—Online prevention program for coaches.

5. FISCAL IMPACT/REVENUE SOURCE

Fiscal impact to this action will be \$7,500 on an annual basis. The training at 10 of our High Schools for three seasons at \$50.00 each season will cost approximately \$1,500. In addition, 22 Middle Schools and 3 seasons at \$50.00 each training will cost approximately \$4,000.00. We service approximately 11,000 student-athletes and printing cost of materials and distribution to the students and their families are the remainder of the cost. The total cost is approximately \$7,500.

The revenue source for this motion is N/A.

Expenditure: One-time Annual Multi-Year N/A

Revenue: One-time Annual Multi-Year N/A

6. COMMUNITY ENGAGEMENT

With guidance from the District’s Community Engagement tool, this action was determined to merit the following tier of community engagement:

Not applicable

Tier 1: Inform

Tier 2: Consult/Involve

Tier 3: Collaborate

Annually, the District will inform student athletes and families about these requirements by distributing information sheets regarding head injuries and sudden cardiac arrest to all parents/guardians of student participants in competitive sport activities. The District will also inform Athletic Directors of the training requirements for coaches around sudden cardiac arrest.

7. EQUITY ANALYSIS

Not applicable. This policy action is only to update current language to match Washington State Law.

8. STUDENT BENEFIT

The benefit to the student is to be better informed about how to detect a concussion and/or head injury or the signs of sudden cardiac arrest and how to take the steps necessary to fully recover before participating in activity. In addition, the actions required in this policy will help communicate the support available for students who have sustained a head injury or concussion, or show symptoms of sudden cardiac arrest.

9. WHY BOARD ACTION IS NECESSARY

- Amount of contract initial value or contract amendment exceeds \$250,000 (Policy No. 6220)
- Amount of grant exceeds \$250,000 in a single fiscal year (Policy No. 6114)
- Adopting, amending, or repealing a Board policy
- Formally accepting the completion of a public works project and closing out the contract
- Legal requirement for the School Board to take action on this matter
- Board Policy No. _____, [TITLE], provides the Board shall approve this item
- Other: _____

10. POLICY IMPLICATION

If approved, this motion would update language to Policy No. 3422, Student Sports – Concussions and Head Injuries, to be consistent with recent changes made by the State Legislature.

Updating this policy is also in alignment with Policy No. 3405, Student Wellness.

11. BOARD COMMITTEE RECOMMENDATION

This motion was discussed at the Operations Committee meeting on February 16, 2017. The Committee reviewed the motion and moved this item forward to the full Board with a recommendation for approval.

12. TIMELINE FOR IMPLEMENTATION

Upon approval of this motion, the policy will be updated and a new version of the policy will be posted online.

13. ATTACHMENTS

- Board Policy No. 3422 – Clean (for approval)
- Board Policy No. 3422 – Tracked Changes (for reference)
- Superintendent Procedure 3422SP – Clean (for reference)
- Superintendent Procedure 3422SP – Tracked Changes (for reference)

	<p style="text-align: center;">STUDENT SPORTS — CONCUSSION, HEAD INJURIES, AND SUDDEN CARDIAC ARREST</p>	<p style="text-align: center;">Policy No. 3422 [DATE] Page 1 of 2</p>
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Concussion and Head Injury

The Seattle School Board recognizes that concussions and head injuries may occur in children and adolescents as a result of participation in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated, communicated and managed. Therefore, all competitive sport activities in the District will be identified to promote training for injury prevention and effective management.

Consistent with Washington State law, the District will work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury. The training will include measures designed to prevent concussions and head injuries.

Annually, the District will distribute a head injury and concussion information sheet to all parents/guardians of student participants in competitive sport activities. Each student athlete must return an acknowledgement signed by their parent/guardian that indicates they have reviewed and understand the information provided. Until this acknowledgement form is returned and on file with the District, the student may not practice or compete in any covered activity.

All coaches, including volunteers, will complete training as required in Superintendent Procedure 3422SP to recognize warning signs and symptoms of concussion and head injuries, and to implement head injury prevention techniques. Additionally, all coaches of competitive sport activities will comply with WIAA guidelines for the management of head injuries and concussions.

Sudden Cardiac Arrest

Each year, prior to participating in an interscholastic athletic activity, student athletes and their parent/guardian must review the sudden cardiac arrest online pamphlet and return a signed acknowledgement documenting their review. This form may be combined with the annual head injury and concussion information sheet referenced above.

	<p style="text-align: center;">STUDENT SPORTS — CONCUSSION, HEAD INJURIES, AND SUDDEN CARDIAC ARREST</p>	<p style="text-align: center;">Policy No. 3422 [DATE] Page 2 of 2</p>
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All coaches, including volunteers, will complete training as detailed in Superintendent Procedure 3422SP. Additionally, all coaches will comply with Washington Interscholastic Activities Association (WIAA) guidelines for the management of sudden cardiac arrest.

The District will coordinate with the WIAA and the University of Washington Medicine Center for Sports Cardiology to offer an online sudden cardiac arrest prevention program for coaches. Every three years, prior to coaching an interscholastic athletic activity, all coaches will complete the online program and provide a certificate of completion to the District. District coaches will also maintain current certifications in CPR and AED.

Community Building Use

Prior to their first use of school facilities, all private nonprofit youth programs must provide a written statement of policy compliance concerning head injury and sudden cardiac arrest with their proof of insurance as required by RCW 4.24.660.

Adopted: December 2011

Revised: [DATE]

Cross Reference: Policy Nos. 3412; 3418; 4260


Related Superintendent Procedure: 3422SP

Previous Policies:

Legal References: RCW 28A.600 Students; RCW 4.24.660 Liability of school districts under contract with youth programs

Management Resources: *Policy News*, June 2015; August 2009; CDC Brain Injury Safety Tips and Prevention – All Sports December 2013

http://www.cdc.gov/headsup/basics/concussion_prevention.html

 <p>SEATTLE PUBLIC SCHOOLS</p>	<p>STUDENT SPORTS — CONCUSSION AND₂ HEAD INJURIES, <u>AND</u> SUDDEN CARDIAC ARREST</p>	<p>Policy No. 3422 December 7, 2011 [DATE] Page 1 of 2</p>
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Consistent with Washington State law, the ~~district~~ District will work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information ~~and forms~~ to inform and educate coaches, youth athletes, and ~~their~~ parents and/or guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury. The training will include measures designed to prevent concussions and head injuries.

Annually, the ~~district~~ District will distribute a head injury and concussion information sheet to all parents ~~and~~ /guardians of student participants in competitive sport activities. ~~The parent/guardian and~~ Each student athlete must return ~~a signed~~ an acknowledgement ~~indicating that~~ signed by their parent/guardian that indicates they have reviewed and understand the information provided ~~before the student participates in any covered activity.~~ Until this acknowledgement form is returned and on file with the ~~district~~ District, the student may not practice or compete in any covered activity.

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Superintendent Procedure 3422SP

Student Sports – Concussion, Head Injuries, and Sudden Cardiac Arrest



Approved by: _____ Date: _____

Dr. Larry Nyland, Superintendent

Concussion, Head Injury, and Sudden Cardiac Arrest Management in Student Sports

A. Athletic Director or Administrator in Charge of Athletics Duties:

1. *Updating:* Each spring, the athletic director, or the administrator in charge of athletics if there is no athletic director, shall review any changes that have been made in forms required for concussion, head injury, and sudden cardiac arrest management by consulting with the WIAA or the WIAA Web site. If there are any updated forms, they will be adopted and used for the upcoming school year.
2. *Identifying Sports:* By June 30 of each year, the athletic director or administrator in charge will identify competitive sport activities in the district for which compliance with Policy No. 3422 is required. A list of competitive sports activities, Policy No. 3422 and this procedure will be distributed to all coaching staff and volunteers.

B. *Coach Training:* All coaches shall undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through attendance at a WIAA or similar clock hour presentation which uses WIAA guidelines; or (2) by completing WIAA online training. All coaches will undergo training in sudden cardiac arrest prevention every three years by completing an online program developed by the WIAA and the University of Washington medicine center for sports cardiology and providing proof of completion of same to the district. Coaches will be trained in head injury prevention activities. Coaches will maintain current CPR/AED training.

C. *Parent Information Sheet:* On a yearly basis, and prior to the youth athlete's initiating practice or competition, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent/guardian. The information sheet will also incorporate a statement attesting to the student and parent/guardian's review of the online pamphlet on sudden cardiac arrest posted on the OSPI website. The statement must be signed by both the student and parent/guardian. The information sheet may be incorporated into the parent permission sheet which allows students to participate in extracurricular athletics.

D. *Coach's Responsibility:* A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be immediately removed from play.

Adopted: December 2011

Revised: [DATE]

Superintendent Procedure 3422SP

Cross Reference: Policy No. 3422

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- E. *Return to Play After Concussion, Head Injury, or symptoms of sudden cardiac arrest:* A student athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion or sudden cardiac arrest and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer.
- F. *Coordination with Academics:* A process for communication with the student's building administrator and school nurse will be utilized to assure that any needed accommodations for injuries sustained in student sports are implemented in the academic setting. Nurses will utilize Multi-Tiered Systems of Support (MTSS) strategies as appropriate for students with injuries, including Individualized Health Plans and communication with school staff.

Superintendent Procedure 3422SP

Student Sports – Concussions, & Head Injuries, and Sudden Cardiac Arrest



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Concussion ~~and~~, Head Injury, and Sudden Cardiac Arrest Management in Student Sports

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