

1 The Transylvania County Board of Education (the “board”) recognizes that concussions and
2 other head injuries may be serious and potentially life threatening and that such injuries may
3 result in serious consequences later in life if managed improperly. The board is committed to
4 practices that reduce the potential for short-term or long-term effects from such injuries. In
5 support of this commitment, the board directs school employees to comply with the concussion
6 safety requirements for interscholastic athletic competition established by G.S. 115C-12(23) as
7 amended in the Gfeller-Waller Concussion Awareness Act of 2011, and to implement and follow
8 all concussion safety requirements set forth in State Board of Education rules and policies. The
9 superintendent or designee shall develop plans consistent with state requirements and shall
10 implement and monitor compliance with this policy. The superintendent is authorized to
11 investigate the use of baseline testing for student-athletes and require that student-athletes
12 undergo such testing prior to their participation in any interscholastic athletic competition.

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14 **A. DEFINITION OF CONCUSSION**

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16 A concussion is a traumatic brain injury caused by a direct or indirect impact to the head
17 that results in disruption of normal brain function, which may or may not result in a loss
18 of consciousness.

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20 **B. CONCUSSION EDUCATION VIDEO FOR HIGH SCHOOL STUDENT-ATHLETES**

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22 Per North Carolina High School Athletic Association rules, all high school student-
23 athletes and parents of high school student-athletes must view the CrashCourse
24 concussion education video prior to each sport season.

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26 **C. SCHOOL HEAD INJURY INFORMATION SHEET**

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28 Each year, all coaches, school nurses, athletic directors, first responders, volunteers,
29 student-athletes, and parents of student-athletes must be provided with a concussion and
30 head injury information sheet that meets the requirements of the State Board. Before any
31 student, school employee, volunteer, or first responder will be allowed to participate in
32 interscholastic athletic activities, including tryouts, practices, or competitions, he or she
33 must sign the head injury information sheet and return it to the coach. Parents also must
34 sign the sheet and return it to the coach before their children may participate in any
35 interscholastic athletic activity. The principal of each school shall ensure that a complete
36 and accurate record of the returned signed sheets is maintained in accordance with law
37 and State Board policy.

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39 **D. REMOVAL FROM AND RETURN TO PLAY**

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41 Any student-athlete who is exhibiting signs or symptoms consistent with a concussion
42 must be removed from athletic activity immediately. Further, the student-athlete must
43 not be allowed to return to play or practice that day or on any subsequent day until he or
44 she has been evaluated and has received written clearance for participation that complies

45 with the requirements of G.S. 115C-12(23) and any other applicable law or State Board
46 policy.

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48 **E. RETURN TO LEARNING**

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50 The superintendent or designee shall develop a plan that meets all the requirements of the
51 State Board of Education for addressing the needs of students in grades pre-K through 12
52 who suffer concussions. The superintendent or designee shall also arrange for
53 information and professional development to be provided annually to all teachers and
54 other school personnel on return-to-learn issues and other concerns related to concussion
55 and brain injuries. Parents and students must be offered the opportunity annually to
56 provide information related to any head injury or concussion the student may have
57 incurred during the past year on the health history and emergency medical information
58 update form.

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60 **F. EMERGENCY ACTION PLANS**

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62 Each principal or designee shall develop a venue-specific emergency action plan to
63 respond to serious medical injuries and acute medical conditions in which the condition
64 of the injured student may deteriorate rapidly. All such plans must include a delineation
65 of roles, methods of communication, available emergency equipment, and a plan for
66 emergency transport. The plans must be (1) in writing, (2) reviewed by an athletic trainer
67 who is licensed in North Carolina, (3) approved by the principal if developed by a
68 designee, (4) distributed, posted, reviewed, and rehearsed in accordance with G.S. 115C-
69 12(23), and (5) compliant with any other requirements of state law and State Board
70 policy.

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72 **G. ATHLETIC TRAINERS AND FIRST RESPONDERS**

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74 Each high school principal shall designate at least one licensed athletic trainer or first
75 responder who meets the requirements of state law and State Board of Education policy.
76 The principal shall monitor each athletic trainer's or first responder's compliance with the
77 duties assigned to the position by the State Board and any additional duties assigned by
78 the superintendent or designee, including, but not limited to, attendance at football games
79 and practices and compliance with all applicable training and certification requirements.

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81 To the extent funding and resources are available, the superintendent shall work toward
82 having a licensed athletic trainer or first responder available for all school practices and
83 games of all high school and middle school sports.

84

85 **H. RECORD KEEPING**

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87 The superintendent shall require each principal to maintain complete and accurate records
88 of actions taken in his or her school to comply with this policy and applicable legal

89 authority. Records shall include accounts of any education or training as may be required
90 by law or State Board of Education policy.

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92 The superintendent's annual report to the board on compliance with laws and policies
93 related to student wellness shall include a report on the system's compliance with laws
94 and policies related to concussions and head injuries. (See Section G of policy 6140,
95 Student Wellness.)

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97 Legal References: G.S. 115C-12(23); S.L. 2011-147; Article 34 Chapter 90; 16 N.C.A.C. 6E
98 .0206; State Board of Education Policies ~~ATHL-000~~, ATHL-003, SHLT-001; N.C. High School
99 Athletic Association Handbook, available at [https://www.nchsaa.org/students-and-parents/rules-](https://www.nchsaa.org/students-and-parents/rules-and-regulations)
100 [and-regulations](https://www.nchsaa.org/students-and-parents/rules-and-regulations)

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102 Cross References: Student Wellness (policy 6140)

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104 Other Resources: Matthew Gfeller Sport-Related TBI Research Center at UNC website,
105 <http://tbicenter.unc.edu>; *Report to the North Carolina General Assembly: Study of Sports*
106 *Injuries at Middle School and High School Levels*, N.C. Department of Public Instruction (2011),
107 available at
108 [http://www.ncleg.net/documentsites/committees/JLEOC/Reports%20Received/Archives/2011%](http://www.ncleg.net/documentsites/committees/JLEOC/Reports%20Received/Archives/2011%20Reports%20Received/Study%20of%20Sports%20Injuries%20at%20Middle%20and%20High%20School%20Levels.pdf)
109 [20Reports%20Received/Study%20of%20Sports%20Injuries%20at%20Middle%20and%20High](http://www.ncleg.net/documentsites/committees/JLEOC/Reports%20Received/Archives/2011%20Reports%20Received/Study%20of%20Sports%20Injuries%20at%20Middle%20and%20High%20School%20Levels.pdf)
110 [%20School%20Levels.pdf](http://www.ncleg.net/documentsites/committees/JLEOC/Reports%20Received/Archives/2011%20Reports%20Received/Study%20of%20Sports%20Injuries%20at%20Middle%20and%20High%20School%20Levels.pdf)

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112 Adopted: October 17, 2016

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115 [DATE]