



**North Dakota High School Activities Association
Concussion Management Procedure
In Accordance with North Dakota State Law**



In response to North Dakota State Law, the NDHSAA Board of Directors recommends the following procedures.

Concussion Management Administration

NDHSAA registered officials, coaches and individuals directly responsible for the student during practice, training and competition are required to review and know the signs and symptoms of a concussion. They are to immediately remove any athlete who displays the following signs or symptoms:

- Headache
- Fogginess
- Difficulty concentrating
- Easily confused
- Slowed thought process
- Difficulty with memory
- Nausea
- Lack of energy, tiredness
- Dizziness, poor balance
- Blurred vision
- Sensitivity to light and sounds
- Mood changes—irritable, anxious or tearful

The concussion management program must require that a student be removed from practice, training, or competition if:

- The student exhibits any sign or symptom of a concussion.
- A licensed, registered, or certified health care provider whose scope of practice includes the recognition of concussion signs and symptoms determines, after observing the student, that the student may have a concussion.
- The duty to remove a student under the above conditions extends to:
 - Each official
 - The coach of a student
 - Any other individual designated by the school district or nonpublic school as having direct responsibility for the student during practice, training or competition.

Procedure to follow if an athlete is removed

- Student who is removed must be evaluated as soon as practicable by a licensed health care provider who is acting within the provider's scope of practice and trained in the evaluation and management of concussion, as determined by the provider's licensing board.

Procedure regarding an authorization to return to training/competition

- A student who is evaluated and believed to have suffered a concussion may not be allowed to return to practice, training or competition until the student's return is authorized by a licensed health care provider as previously stated.
 - The authorization provided to the school must be :
 - In writing
 - Retained by the school district for a period of seven years after conclusion of the student's enrollment.
 - Any health care provider who signs an authorization is acknowledging they are acting within their scope of practice and trained in the evaluation and management of concussion as determined by the provider's licensing board.

In the event a Transfer of Care form has not been previously filed with event management, school /NDHSAA designated health care providers shall not have their decision regarding an athlete's ability to return to competition overruled by any other health care provider.

School districts or nonpublic schools shall ensure that before a student is allowed to participate in the athletic activity, the student and the student's parent shall document that they have viewed information regarding concussions incurred by students participating in athletic activities.

- The required information must be provided by the student's school district or nonpublic school and must be made available in printed form or in a verifiable electronic format.
- It is highly recommended that every coach, official, student-athlete and parent should successfully complete the 20 minute NFHS online course "**Concussion in Sports—What You Need to Know**". The course can be accessed at: www.nfhslearn.com

WHEN IN DOUBT...SIT THEM OUT