

Bismarck Public Schools Concussion Plan

The North Dakota High School Activities Association (NDHSAA) has developed a Concussion Management Procedure in accordance with North Dakota State Law (NDCC 15.1-18.2-04). The most recent version of the procedure was approved June 18-19, 2013. Go to http://www.ndhsaa.com/files/NDHSAA_Concussion_Policy.pdf to view NDHSAA Concussion Management Procedure.

For the purpose of clarifying this concussion management plan for the Bismarck Public Schools:

For the 2015-2016 school year an agreement is in place by and between Sanford Health and the Bismarck Public Schools (BPS) to provide sports medicine services to student-athletes of the BPS.

The BPS sports medicine provider will follow the NDHSAA Concussion Management Procedure.

The BPS sports medicine provider will be considered the licensed, registered, or certified health care provider for all student-athletes of the Bismarck Public Schools regarding injury and concussion management. As outlined in the NDHSAA Concussion Management Procedure - a licensed, registered, or certified healthcare provider whose scope of practice includes the recognition of concussion signs and symptoms determines, after observing the athlete, that they may have a concussion.

Any student-athlete that has or is suspected of having a concussion should be removed from play; not return to activity on the day of injury; and be evaluated by a member of the BPS sports medicine provider staff (the athletic trainer at the respective school) at the earliest possible convenience. Any student-athlete that has or is suspected of having a concussion must be cleared by a member of the BPS sports medicine provider's staff (the athletic trainer at the respective school) before they can return to practice or competition. Even if the student-athlete is cleared by a physician or another medical professional, the concussed student-athlete must follow the BPS Concussion Management Plan.

If a member of the BPS sports medicine provider's staff is not on hand, the athlete cannot re-enter the contest. A coach or a spectator with medical background does not qualify as a licensed, registered or certified health care provider for Bismarck Public Schools.

The sports medicine staff will also utilize the BPS sports medicine provider's Concussion Policy for management of sports related concussion for all BPS sports medicine provider's associates. Management includes the use of the SCAT3 (Sports Concussion Assessment Tool, 3rd edition) and ImPACT testing as well as established return to play progression plan.

All BPS athletic teams will follow the BPS Concussion Management Plan. If a student-athlete that participates on a BPS sponsored team (co-op) attends a school that has their own concussion management plan, the BPS plan is the one that will be followed.

If you have questions, please feel free to contact Dave Zittleman, Activities Director, Bismarck Public Schools, (701) 323-4079, dave_zittleman@bismarckschools.org

ImPACT Testing

Beginning with the 2011-2012 school year, the Bismarck Public School District required ImPACT baseline testing for all student-athletes grades 9-12 participating in athletics prior to the start of their competitive season. Testing times will be arranged and supervised by a Certified Athletic Trainer. If a student is a multi-sport athlete, the student will only be required to take the baseline exam once.

Starting with the 2013-2014 school year and every school year after, ImPACT baseline testing will be required for those student-athletes that fall into one of the following categories:

1. ALL 7th grade FB players
2. ALL freshman
3. ALL juniors
4. Any student-athlete new to the BPS district
5. Those students that missed testing the previous year (i.e. someone who plays 10th grade FB but did not play 9th grade FB or any other sport 9th grade year)
6. Any 7th or 8th grader that will be up practicing or completing with the varsity and/or junior varsity programs.
7. Any co-op student athlete that participates on a BPS sponsored team that falls under any one of the above categories
8. Those students who do not fit into one of the above categories but for some reason missed testing during the 2014-15 school year.

ImPACT takes approximately 30-45 minutes to complete. The program measures multiple aspects of cognitive functioning in athletes, including: Attention span, Working memory, Sustained and selective attention time, Response variability, Non-verbal problem solving, and Reaction time.

Concussion Education

In accordance with North Dakota State Law (NDCC 15.1-18.2-04) regarding concussion management, the concussion management program must require that each official, coach, and athletic trainer receive biennial training regarding the nature and risk of concussion.

Coaches

ALL Bismarck Public School District coaches (head, assistant, volunteer, etc.) are required to complete the free Concussion in Sport - What You Need to Know course on the National Federation of State High School Activities website. Once the course is completed, a copy of the certificate of completion must be uploaded to Coaches Corner on the employee/PLC Moodle. **A certificate from each individual coach is required, this MAY NOT be done as a group activity and one certificate submitted for the group as proof of completion.**

Student-athletes and Parents

BPS shall ensure that before a student-athlete is allowed to participate in an athletic activity, the student-athlete and the student-athlete's parent/guardian shall document that they have viewed information regarding concussions incurred by students participating in athletic activities.

It is highly recommended that every student-athlete and parent/guardian should successfully complete the free 20 minute NFHS online course “Concussion in Sports – What You Need to Know”. The course can be accessed at: www.nfhslearn.com