

## Concussion Management Policy

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

The Erskine Academy Board of Trustees recognizes that concussions and other head injuries are serious and could result in significant brain damage and/or death if not recognized and managed properly. The Board has formally adopted a concussion management policy, in line with Maine state statute (Sec. 1. 20-A MRSA §254, sub-§16), to promote the safety of students participating in school activities, both academic and co-curricular.

Any student suspected of having sustained a concussion or other head injury and is exhibiting symptoms during a school activity, including learning, must be removed from the activity immediately. A student and his/her parent(s)/guardian(s) will be informed of a suspected concussion and the possible need for an evaluation by a licensed health care provider trained in concussion management, e.g., the student's primary care physician, licensed physician's assistant or nurse practitioner. If referred for the evaluation, the student is prohibited from further participation in any school activities including learning until the evaluation takes place and the student receives written medical clearance to participate from a licensed health care provider trained in concussion management. More than one evaluation conducted by the licensed health care provider may be necessary before the student is cleared for full participation.

If at any time during the return to full participation in school activities the student exhibits reoccurring signs and symptoms of the concussion, the student must be removed from the activity and be re-evaluated by the treating licensed health care provider trained in concussion management.

### ***INTERSCHOLASTIC SPORTS PROGRAM***

#### **FALL SEASON**

##### **BOYS**

Varsity Soccer  
J.V. Soccer  
Freshman Soccer  
Cross-Country  
Golf

##### **GIRLS**

Varsity Soccer  
J.V. Soccer  
Cross-Country  
Golf  
Field Hockey  
J.V. Field Hockey

#### **WINTER SEASON**

##### **BOYS**

Varsity Basketball  
J.V. Basketball  
Freshman Basketball  
Indoor Track  
Swimming  
Wrestling

##### **GIRLS**

Varsity Cheerleading  
J.V. Cheerleading  
Varsity Basketball  
J.V. Basketball  
Freshman Basketball  
Indoor Track  
Swimming  
Wrestling

#### **SPRING SEASON**

##### **BOYS**

Varsity Baseball  
J.V. Baseball  
Track  
Tennis  
Lacrosse

##### **GIRLS**

Varsity Softball  
J.V. Softball  
Track  
Tennis  
Lacrosse