

**TOLLAND PUBLIC SCHOOLS**  
**Tolland, Connecticut**

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ADMINISTRATIVE REGULATION      REGARDING: CONCUSSION TRAINING  
FOR ATHLETIC COACHES

Number: 4022  
PERSONNEL

Approved: 12/8/10  
Revised: 4/10/12

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For purposes of these administrative regulations concerning training regarding concussions and head injuries, the term “**coach**” means any person who holds or is issued a coaching permit by the Connecticut State Department of Education and who is hired by the Tolland Board of Education to coach intramural or interscholastic athletics.

Mandatory Training Concerning Concussions

1. Any coach of intramural or interscholastic athletics, who holds or is issued a coaching permit, must, before commencing his/her coaching assignment for the season, complete an initial training course concerning concussions and head injuries. This training course must be approved by the State Department of Education.
2. Coaches must provide proof of initial course completion to the Athletic Director or his/her designee prior to commencing their coaching assignments for the season in which they coach.
3. One year after receiving an initial training, and every year thereafter, coaches must review current and relevant information regarding concussions and head injuries prior to commencing their coaching assignments for the season. This current and relevant information shall be that approved by the State Department of Education. Coaches need not review this information in the year they are required to take a refresher course, as discussed below.
4. Coaches must complete a refresher course concerning concussions and head injuries not later than five (5) years after receiving their initial training course, and once every five (5) years thereafter. Coaches must provide proof of refresher course completion to the Athletic Director or his/her designee prior to commencing their coaching assignments for the season in which they coach.

5. The Board shall consider a coach as having successfully completed the initial training course regarding concussions and head injuries if such coach completes a course that is offered by the governing authority for intramural and interscholastic athletics and is substantially similar, as determined by the Department of Education, to the training course required by subsection 1 of these administrative regulations, provided such substantially similar course is completed on or after January 1, 2010, but prior to the date the State Board of Education approves the training course discussed in subsection 1 of these administrative regulations.

### Concussion Management

1. Any coach of any intramural or interscholastic athletics shall immediately remove a student athlete from participating in any intramural or interscholastic athletic activity who:
  - a. is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body; or
  - b. is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.
2. The coach shall not permit such student athlete to participate in any supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until such student athlete receives written clearance to participate in such supervised team activities involving physical exertion from a licensed health care professional trained in the evaluation and management of concussions.
3. Following receipt of clearance, the coach shall not permit such student athlete to participate in any full, unrestricted supervised team activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions, until such student athlete:
  - a. no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion; and
  - b. receives written clearance to participate in such full, unrestricted supervised team activities from a licensed health care professional trained in the evaluation and management of concussions.

### Miscellaneous

1. For purposes of these administrative regulations, "licensed health care professional" means a physician licensed pursuant to Chapter 370 of the

Connecticut General Statutes, a physician assistant licensed pursuant to Chapter 370 of the Connecticut General Statutes, an advanced practice registered nurse licensed pursuant to Chapter 378 of the Connecticut General Statutes, or an athletic trainer licensed pursuant to Chapter 375a of the Connecticut General Statutes.

2. Should a coach fail to adhere to the requirements of these administrative regulations, the coach may be subject to discipline up to and including termination, as well as permit revocation by the State Board of Education.
3. Tolland High School and Tolland Middle School handbooks will include the following preseason meeting requirement:

The CIAC requires each team to conduct a mandatory pre-season parent meeting. This meeting provides parents with important information regarding the impending season. Items of importance to be discussed at this meeting include CIAC eligibility requirements, team goals, injury (including concussion awareness), insurance procedures, team attendance policies, playing time considerations, hazing prevention, tryout procedures, substance abuse/chemical health, and anything else the coach deem necessary for athletes and their parents to know. Parents should make every effort to attend the preseason parent meeting.

4. The following acknowledgement form will be distributed to parents along with an athletic participation forms.

#### Legal References

Conn. Gen. Stat. § 10-149b. Training Courses for Coaches Re Concussions and Head Injuries.

Conn. Gen Stat. § 10-149c. Student Athletes and Concussions. Removal from Athletic Activities.

## Concussion: signs and Symptoms

A concussion is not a structural injury and there is no protective equipment to date that protect against a concussion. Concussions are cerebral injuries resulting in a disruption of the nerves, cells and chemicals within the brain. This process is called a metabolic cascade and is manifested in the development of signs and symptoms listed below.

A concussion is caused by a blow to the head or body resulting in a manifestation of signs and symptoms including, but not limited to:

- Headache, confusion, difficulty remembering or paying attention.
- Balance problems, dizziness, feeling sluggish, hazy, foggy or groggy.
- Nausea, vomiting, slowed reaction time.
- Bothered by light or noise, double or blurry vision
- Loss of consciousness, feeling irritable, more emotional or “down”.

If you suspect that your son/daughter has sustained a concussion, please follow up with your coach, athletic trainer, school nurse or doctor.

Please sign below to indicate you have read the above statement.

Son/daughter \_\_\_\_\_

Date \_\_\_\_\_

Parent \_\_\_\_\_

Date \_\_\_\_\_