



Collinsville Public Schools
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Concussion and Head Injury Awareness and Management for Collinsville Public Schools

In order to comply with Oklahoma Statute 24-155 of Title 70 (Senate Bill 1700), insure the safety, and inform student-athletes and parents in the Collinsville School district.

1. All district coaches will have completed (1) Care and prevention of athletic injuries, and (2) viewed “Concussions in Sports: What you need to know” provided by the National Federation website and submit documentation of viewing to be kept on file in the district.
2. Head coaches will provide Acknowledgement and Information packets to student-athletes and parents regarding concussions.
3. All coaches will follow the “Heads Up” 4 step action plan regarding someone suspected of sustaining a concussion and the Return to Activity plan dealing with someone that has been diagnosed with a concussion and been released by an appropriate health care professional.. These procedures are set forth below.
4. The district will determine the definition of “a licensed health care provider trained in the evaluation and management of concussions.”

Concussion Action Plan

These will be the procedures taken when a student-athlete is suspected of sustaining a head injury.

“Heads Up” 4 Step Action Plan

1. Remove the participant from play. “When in doubt, hold them out.”
2. Ensure that participant is evaluated by an appropriate health care professional.
3. Inform the participant’s parents or guardian about the possible concussion and give them information on concussions.

4. Keep participant out of play until an appropriate health care professional says they are symptom free and gives the OK to return to activity

Return to Activity Plan

These will be the procedures taken when a student-athlete that has sustained a concussion has been cleared by an appropriate health care professional to return to activity.

1. Light exercise-5-10 minutes on exercise bike. No weight lifting.
2. Running in gym or on the field without helmet or other equipment.
3. Start non-contact training drills in full uniform. Light weight lifting may begin.
4. Full contact practice or training.
5. Get back into the game.

This progression takes about 1 week, but may take longer with the player progressing 1 step a day. It is crucial that the activity be stopped immediately if sign or symptoms of concussion return. If symptoms occur at any step, the player needs to be re-evaluated by a health care professional.

Definition of a licensed health care provider

A licensed health care provider is anyone that has been trained and licensed in the evaluation and management of concussions and other athletic injuries.