

## **Student Sports – Concussion, Head Injury and Sudden Cardiac Arrest**

### **Concussion and Head Injury**

The West Valley School District Board of Directors recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed.

Therefore, all competitive sport activities in the District will be identified by the administration and all appropriate district staff, coaches and team volunteers will complete training as required in Procedure 3422 to recognize warning signs and symptoms of concussion and head injury. Additionally, all coaches will comply with Washington Interscholastic Activities Association (WIAA) guidelines for the management of concussions and head injuries.

Consistent with Washington law, the District will utilize guidelines developed with the Washington Interscholastic Activities Association (WIAA) and other pertinent information to inform and educate coaches, youth athletes, and their parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury. Annually, the District will distribute a head injury and concussion information sheet to all parents/guardians of student participants in competitive sport activities.

Prior to their first use of school facilities, all private nonprofit youth programs must provide a written statement of compliance with this policy in regard to concussion and head injury with proof of insurance as required by RCW 4.24.660.

### **Sudden Cardiac Arrest**

The Board of Directors further recognizes that sudden cardiac arrest is reported to be the leading cause of death in young athletes. The District will maintain a link on the High School website to the pamphlet developed by WIAA and the University of Washington medicine center for sports cardiology to provide student athletes, their parents/guardians and coaches with information about sudden cardiac arrest.

Annually, prior to participating in an interscholastic athletic activity, students and their parent/guardian must review the online pamphlet and return a signed statement to the school documenting their review. This form may be combined with the annually distributed head injury and concussion information sheet referenced above.

The District will also work with the WIAA and the University of Washington medicine center for sports cardiology to make available an existing online sudden cardiac arrest prevention program for coaches. Every three years, prior to coaching an interscholastic athletic activity, all coaches will complete the online program and provide a certificate of completion to the district.

The parent/guardian and student must return a signed acknowledgement indicating that they have reviewed and understand the information provided before the student participates in any covered activity. Until this acknowledgement form is returned and on file with the District, the student may not practice or compete.

All coaches, including volunteers, will complete training as required in the District procedure. Additionally, all coaches of competitive sport activities will comply with Washington Interscholastic Activities Association (WIAA) guidelines for the management of sudden cardiac arrest.

Prior to their first use of school facilities, all private nonprofit youth programs must provide a written statement of compliance with this policy in regard to sudden cardiac arrest with proof of insurance as required by RCW 4.24.660.

#### **Cross References:**

Policy 3413  
Policy 3418  
Policy 4260

Automated External Defibrillators  
Response to Student Injury or Illness  
Use of School Facilities

#### **Legal References:**

RCW 28A.600  
RCW 4.24.660

Students  
Liability of school districts under contract with youth programs

3422  
Students

Management Resources:

Policy News, August 2009  
Policy News, August 2014  
Policy News, June 2015

Adopted: 09.09

Revised Dates: 05.16; **03.21**