



Pine Tree Independent School District Guide for Students with Concussions

Concussion Oversight Team (COT):

District Administrator – James Skeeler, Assistant Superintendent
Physician – Dr. Lynn Fitzgerald
Nurse – Jan Goldberg, Lead Nurse (PTISD)
Athletic Trainer – Jody Berryhill (PTISD)
Athletic Trainer – Larry Dinkins (PTISD)

Athletic and Academic Oversight Team (AOC):

Athletic Director – Derek Fitzhenry
Campus Principal – Dependent of grade of student
Grade Level Counselor
Core area teacher of student
Parent/Guardian of student

Concussion Oversight Team Roles and Guidelines:

A report should be made to a member of the Concussion Oversight Team (COT), once a student has exhibited one of the symptoms of a concussion, whether immediate, temporary, or long-term. Upon notification, all team members associated with the student will be notified and appropriate actions will be taken to ensure the best care for the student. Once return-to-play and academic adjustments (if necessary) have been put in to place written notification will be sent to each member of the COT. Once all requirements of the return-to-play protocol have been met the student will be released to participate in the desired activity.

Athletics - A staff member from the athletics department shall make immediate notification to parent and a member of the **COT** that a student may possibly be concussed. The student is no longer allowed to participate in any physical activity until written release is received from the **COT**.

Academics – The student’s counselor and the student meet with the **Academic Oversight Team (AOT)** to discuss current status of student in regards to possible necessary modifications in the classroom. Modifications are to be given to teachers in writing and are to remain in place until written notice is given by **the COT to discontinue** modifications.

The Concussion Oversight Team Administrator – The COT administrator will receive all documentation in writing for any student falling under the supervision of the COT/AOT. In the event there are ever questions concerning return-to-play or academic modifications for a student the COT administrator will be notified immediately. A ruling will be made at that time based on all data and documentation received for the student.

Return-To-Play Protocol:

Day 1: Walking for (20-30) minutes at a rate of 2 ½ miles per hour.

Day 2: Jogging for (20-30) minutes.

Day 3: Running for (20-30) minutes.

Day 4: Performing sports specific practice drills (non-contact).

Day 5: The student has successfully completed each requirement. Once this is done the treating physician will provide a written statement for the student to return to full activities. The student’s parent/guardian signs a form of consent for the student to return-to-play with particular acknowledgements and disclosures.

*The protocol must be completed under the supervision of an athletic trainer or other appropriate designated personnel. If symptoms develop during the program the program should be stopped and the attending physician and parent be notified. Symptoms include headache, dizziness, mental foginess, ringing in ears, sensitivity to light or noise, upset stomach/nausea.