

**DIOCESE OF DES MOINES**  
**Catholic Schools Policies/Regulations**

**STUDENT PERSONNEL**

**Concussion Management**

Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally functions. Concussions can occur with or without loss of consciousness. Concussions are among the most commonly reported injuries to children and adolescents who participate in recreational activities. Continuing to engage in activities with a concussion or symptoms of a brain injury leaves a young athlete vulnerable to greater injury. Concussions can impair how a student athlete thinks, acts, feels, and learns. A student who has sustained a concussion may need adjustments, modifications to curriculum, and monitoring by medical staff until the student is fully recovered.

Schools within the Diocese of Des Moines will follow the following protocols:

1. “Return-to-Play”: The Iowa Department of Public Health has created return-to-play protocol based upon peer-reviewed scientific evidence consistent with the guidelines of the Centers for Disease Control and Prevention of the United States Department of Health and Human Services, for a student’s return to participation in any extracurricular interscholastic activity after showing signs, symptoms, or behaviors consistent with a concussion or brain injury.
2. “Return-to-Learn”:
  - A. Personnel at schools with enrolled students who participate in an extracurricular interscholastic activity which is a contest in grades seven through twelve shall develop a return-to-learn plan based on guidance developed by the brain injury association of America in cooperation with a student removed from participation in an extracurricular interscholastic activity and diagnosed with a concussion or brain injury, the student’s parent or guardian, and the student’s licensed health care provider to accommodate the student as the student returns to the classroom.
  - B. Personnel shall develop a return-to-learn plan for any PK-12 student who has been diagnosed with a concussion by a medical professional, and requires accommodations for a safe return to learning. Parent(s) or guardian(s) shall provide documentation of diagnosis upon request of a return-to-learn plan.

Policy required by Iowa Code 280.13C, 1a,b,c,d

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