Elite Performing Arts Concussion Policy

Purpose
The safety and well-being of all dancers at Elite Performing Arts is our top priority. This policy outlines procedures to recognize, respond to, and manage concussions to ensure dancers are protected from further injury and receive appropriate care

Definition of a Concussion
A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head—or by a hit to the body—that causes the head and brain to move rapidly back and forth. Concussions can occur even without a loss of consciousness.

Signs and Symptoms
Concussion symptoms may appear immediately or develop hours after the injury. They may include:
Physical:

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light or noise
- Fatigue or drowsiness

Cognitive:

- Confusion
- Difficulty concentrating or remembering
- Feeling mentally “foggy”

Emotional/Behavioral:

- Irritability
- Sadness
- Anxiety

Sleep:

- Sleeping more or less than usual
- Trouble falling asleep

Protocol for Suspected Concussion

If a dancer is suspected of having sustained a concussion during class, rehearsal, or performance:

1. Immediate Removal: The dancer will be immediately removed from participation. “When in doubt/hold them out.”
2. Notify Parent/Guardian: If the dancer is under 18, their parent or guardian will be notified immediately.
3. Emergency Response: If symptoms are severe (e.g., loss of consciousness, repeated vomiting, seizure), 911 will be called.

Return-to-Dance Policy

A dancer diagnosed with a concussion may not return to any studio activity until the following steps are met:

1. Written Medical Clearance: A written note from a qualified healthcare provider stating that the dancer is cleared to return to activity.
2. Gradual Return: The dancer will follow a step-by-step return-to-dance protocol, increasing activity levels only as tolerated and symptom-free.

Suggested progression:

- Step 1: Light activity (e.g., walking, stretching)
- Step 2: Basic movements (e.g., barre work, low-impact choreography)
- Step 3: Moderate intensity dance (e.g., across-the-floor work)
- Step 4: Full participation in rehearsal/class
- Step 5: Return to performance or competitive dance

Each step should take at least 24 hours, and the dancer should remain symptom-free before progressing.

Parental and Dancer Awareness

This policy will be posted on our website as well as at the studio.