

City of Page Recreation Department

Concussion Policy

The City of Page Parks and Recreation has created the following policy that will be in effect as of January 2015 and beyond for all youth sports leagues.

Objective:

To establish a policy that will provide ALL youth sport coaches and parents associated with the City of Page Parks and Recreation department with guidelines relating to how to recognize signs of a concussion, procedures for dealing with athletes and parents when a concussion is suspected, as well as mandatory rules concerning the return to action for the participant.

Concussion:

A concussion can be caused by a blow to the head, jolt to the body, or any sudden force that results in a rapid acceleration /deceleration of the brain inside the skull. This impact of the brain against the rigid inside walls of the skull can cause a change in neurological function and a host of other symptoms depending on which part of the brain was injured.

Youth athletes are particularly vulnerable to the effects of a concussion. Even what appears to be a “minor ding or bell ringer” has the real risk of catastrophic results when an athlete is returned to action too soon. Second impact syndrome, which in some cases can be fatal, is a direct result of returning to game action before all symptoms have cleared. While most players heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain which can have life threatening consequences. Therefore, continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

The well-being of the athlete/participant is our greatest concern during any practice or game. Officials, coaches and parents are being asked to make all efforts to ensure that concussed athletes do not continue to participate. Thus, coaches, parents, and officials should also be looking for signs of concussion in all athletes and should immediately remove any suspected concussed participant from play.

When in doubt, sit them out!

It's far better to miss one or two games as a precautionary matter than to risk possible brain injury. No game is worth that.

What to look for:

Concussions can appear in many different ways. We know that a person does not have to lose consciousness to suffer a concussion. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion as the one's mentioned below shall be immediately removed from the game or practice and shall not return to play until cleared by an appropriate health-care professional.

- a. Confused state, dazed look, vacant stare or confusion about what happened or is happening.
- b. Memory Problems; can't remember assignment on play, opponent, score of game, or period of game; can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by participant – headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
- d. Lack of sustained attention – difficulty sustaining focus adequately to complete a task, a coherent thought or a conversation.

All Coaches/officials will be familiar with and will receive a copy of this Policy. Parents/guardians will be provided a copy of this Policy as well as the Information Sheet and Parent Acknowledgment Form. These documents must be reviewed and the acknowledgment signed by the parent/guardian before the player will be allowed to participate in a sporting event.

Role of City employees, representatives, or volunteers (coaches):

City employees, representatives, or volunteers (coaches) will NOT be expected nor will they be trained to “diagnose” a concussion. Diagnosis is the job of a qualified health care provider. Staff/volunteers are being asked

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to use their best judgment in observing the signs, symptoms and behaviors associated with concussions. If a Staff/volunteer observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player's parent/guardian. If parent/guardian is not present EMT's will be called. Staff/volunteer are not permitted to allow a player to resume activity until the Staff/volunteer receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event . The written statement must be provided to the City of Page Recreation Department before the player may resume participation in the sporting event. In addition to reviewing the Concussion and Head Injury Information Sheet and this Policy, it is strongly recommended that Staff/volunteer participate in a free online course on concussion management prepared by the Center for Disease Control accessed at <https://www.cdc.gov/headsup/youthsports/training/index.html>

Role of Parents/Guardians:

Like staff/volunteers, parents/guardians will NOT be expected to "diagnose" a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/ guardians will be required to review the Information Sheet and sign the Parent Acknowledgment Form indicating that the parent/guardian has read, understands, and agrees to abide by this Policy. Players will not be allowed to begin participating in a sporting event until the Parental Acknowledgment Form has been signed and Returned to the City of Page Recreation Department. Parents/guardians will be expected to comply with this Policy and support the determination made by the staff/volunteers to remove a player from a sporting event. It is the parent/guardian's obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement (1) indicating that the health care provider has, within the last three years, successfully completed a continuing education course in the management and evaluation of concussion; and (2) that clears the player to resume participation in the sporting event. This form can be downloaded at www.cityofpage.org or picked up at the City Of Page Rec. Dept. It is the parent/guardian's responsibility to return the completed form to the City of Page Recreation Department before the player is allowed to resume play at a sporting event.

NOTE: a qualified health care provider is a provider licensed by the Department of Professional Licensing and who may evaluate a concussion within the scope of his/her practice.

Mandated Course of Action:

1. Remove player from the sporting event.
2. Notify parent/guardian. If parent/guardian is not present EMT's will be called.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain and return to the City of Page Recreation Department a completed Qualified Health Care Provider Statement Authorizing Player to Resume Play Form indicating that the player is cleared to resume participation in the sporting event.

NOTE: This policy is applicable only to City teams, leagues, and sporting events. The City is not responsible for implementing any concussion or head injury policy for independent teams, leagues, organizations, or associations that utilize City fields or facilities.