

# Evergreen Athletic Association Concussion Policy

Evergreen Athletic Association, in partnership with Chesterfield County, has adopted a concussion policy effective July 1, 2014.

Every year in the United States, more than 173,000 athletes up to age 19 are treated for sports and recreation-related Traumatic Brain Injuries (TBIs), many of which are concussions. Children and teens are more likely to get a concussion and take longer to recover than adults.

Effective July 1, 2014, the Virginia General Assembly approved an amendment to § 22.1-271.5 of the Code of Virginia regarding concussions. With this new ruling, Chesterfield County now requires all organized groups providing youth recreation programs, athletic instruction or events on county facilities be required to have a concussion policy that either (i) follows the local school division policy, (ii) meets the standards of the Board of Education or (iii) creates one that meets a follows the established guidelines.

Compliance with this law will now be a condition for co-sponsorship and applies to use of school facilities and parks and recreation facilities. "Non-interscholastic youth sports program" refers to any organized recreational program offering athletic competition or athletic instruction for youth.

The Evergreen Athletic Association recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. This Policy is intended to provide easy-to-understand guidelines related to players who have been diagnosed with or are suspected of having a concussion.

The Policy is for Coaches, Parents and Players and is to be shared with any other adults or participants.

## Coaches

Will watch in its entirety, at least once every year, prior to the first day of practice the following educational video:

Heads Up Football Concussion Video

<https://www.youtube.com/watch?v=zzq0SCIAGA4>

When a Coach volunteers to coach they will be required to attest that they have completed the authorized Concussion Training video above.

Before each season, all Coaches will be required to go to the Center for Disease Control website and view the CDC's "Heads Up: Concussion in Youth Sports, information.

<http://www.cdc.gov/concussion/>

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

[http://www.cdc.gov/concussion/signs\\_symptoms.html](http://www.cdc.gov/concussion/signs_symptoms.html)

[http://www.cdc.gov/concussion/what\\_to\\_do.html](http://www.cdc.gov/concussion/what_to_do.html)

Concussions rarely (less than 10% of occurrences) involve loss of consciousness. However, in the event of loss of consciousness the Coach will call 911 or will instruct another adult to call 911.

When, during a practice, game or other, a Player is suspected of having a concussion, the Coach will remove the Player from the session and will not allow the player to return to play for the remainder of the session.

The Coach will inform the Player's Parent or guardian of the Player's symptoms as soon as possible. Ideally, the Parent will be notified immediately.

The Player evaluated and suspected to have a concussion or brain injury shall **not be allowed to return to play that same day**, nor (i) until evaluated by an appropriate licensed health care provider and (ii) has been provided written clearance to return to play from such licensed health care provider.

When the Player returns for a future session if, based on the Coach's understanding of concussion symptoms, the Coach suspects the player is still exhibiting symptoms, the Coach will keep the player from the activity.

\* "Coaches" means all volunteer Head Coaches and Assistant Coaches

## **Parents**

When a Parent registers their Player they will be required to attest to the following: "If my child is diagnosed with a concussion during a Evergreen Athletic Association activity or during ANY OTHER ACTIVITY including those outside Evergreen Athletics, or if my player has a prior head injury, I will inform my child's Coach of such diagnosis prior to the start of the season or before my child returns to play."

If the player is removed from play due to experiencing concussion symptoms or brain injury, the parent will be responsible to have the player evaluated by an appropriate licensed health care provider and will get the appropriate written clearance to return to play from such licensed health care provider.

At the start of each season, Parents will receive an e-mail from the sports Director that includes:

- A brief explanation of our policy and the importance of the Parent's role in

- understanding it.
- A link to the CDC's Concussion in Youth Sports information.

## **Players**

All Players will be given a copy of CDC's "Heads Up: Concussion in Youth Sports, A Fact Sheet for Players" document.

All Players 10 and older will be asked to watch either of the approved education video mentioned above at least once every two years.