



PENN YOUTH GIRLS LACROSSE

Concussion and Player Safety Policy

Player Safety –

To promote player safety, Penn Youth Girls Lacrosse requires all coaches to undergo background checks and complete the *Safe Sports Initiative* training provided by the United States Olympic Committee at <http://training.teamusa.org/store/details/1>. Completion of these requirements is verified as part of our board and coach online registration process.

Concussion Protocol –

Penn Youth Girls Lacrosse recognizes the potential danger and long-term health consequences of concussions and the importance of proper diagnosis and treatment of potential brain injuries. The policy below outlines the responsibilities and proper protocol for Penn Youth Girls Lacrosse coaches, parents, and players with respect to suspected or diagnosed concussions. The policy follows the recommendations of the *Heads Up Concussion Action Plan* published by the CDC.

- Any player suspected of a head injury or concussion will be removed from all lacrosse activities for the remainder of that day and should be evaluated, on the same day, by a health care professional who is experienced in evaluating concussions.
- Any player diagnosed with a concussion will be allowed to return to activity only after receiving written permission from a health care professional who is experienced in evaluating concussions.

Coaches:

- All coaches will be provided with a copy of the PYGL Concussion Policy and *Heads Up Concussion: Facts for Coaches* published by the CDC or a similar document approved by the PYGL board. Coaches are expected to review these documents and follow the policy at all times.
- All coaches will complete, on their own time, the online concussion training program provided by the National Federation of State High School Associations at <https://nfhslearn.com/courses> or a similar concussion training program approved by the PYGL board.
- If any player is suspected of a concussion or other head injury during a practice or game, the coach will immediately remove the player from activity and notify the parent or guardian.
- The responsible coach will designate a coach or other PYGL representative to supervise the player until a parent or guardian takes responsibility for the player.

Parents:

- All parents will be provided with a copy of the PYGL Concussion Policy and *Heads Up Concussion: Facts for Parents* published by the CDC or a similar document approved by the PYGL board.
- As part of the player medical release form, parents agree to notify the league if the player has previously been diagnosed with a concussion.
- As part of the parent code of conduct, parents agree to notify the coach immediately if the player is suspected of a concussion or other head injury, even if the injury is experienced outside of

lacrosse-related activities. The following statements will be completed by the parent as part of the online registration process:

“I agree to notify the PYGL coaches immediately if my child is suspected of or diagnosed with a concussion or other head injury resulting from ANY ACTIVITY, including those outside of PYGL practices or games. I will notify the coaches of such condition before my child participates in any practice or game.”

“Has the player ever been diagnosed with a concussion? If Yes, please provide the approximate date of the concussion diagnosis and state whether the player received a medical release to return to participation in sports.”

Players:

- All players will be provided with a copy of the PYGL Concussion Policy and *Heads Up Concussion: Facts for Athletes* published by the CDC or a similar document approved by the PYGL board.
- Penn Youth Girls Lacrosse strongly recommends that all players, especially those in the 6th through 8th grade program, complete a baseline concussion test prior to the start of the season. The club will provide information about local facilities that provide concussion testing.
- As part of the player code of conduct, players agree to notify the coach immediately if they experience a head injury or any concussion symptoms, even if the injury is experienced outside of lacrosse-related activities. The following statement will be completed by the player as part of the online registration process:

“I agree to notify the PYGL coaches immediately if I experience any head injury or concussion symptoms resulting from ANY ACTIVITY, including those outside of PYGL practices or games. I will notify the coaches of such condition before I participate in any practice or game.”

Approved 3/3/2016