



PARK CITY ICE MINERS

Concussion Policy

To help insure the health and safety of our athletes, Park City Ice Miners has adopted the concussion policy recommended by the Center for Disease Control and Prevention (CDC). We ask that ALL coaches, players and parents support our effort to protect the players by teaching the importance of following [USA Hockey's "Heads Up" hockey](#) principals and by being aware of the symptoms and signs of concussion.

If, following a blow to the head or blow to the body that jolts the head, any player has any of the following signs or symptoms, the player must be removed from play immediately and cannot return until cleared by a qualified healthcare professional.

Signs Observed by Coach	Signs Reported by Player
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
moves clumsily	Sensitivity to light
answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

Players **WILL NOT** be allowed to return to play until written permission from a qualified healthcare professional with experience in evaluating concussions is received. Coaches should never allow any athlete to return to play if they are still exhibiting symptoms regardless of any medical clearance.

Any coach/player/parent who suspects that a player may have received a head injury, should report that injury to the LRYHA Board as soon as is practically possible. Coaches/Parents/Players should read the following appropriate documents put out by the CDC and adopted as part of the PCIM Concussion Policy.

Player Name: _____

Parent or Guardian's Name: _____

Parent or Guardian's Signature: _____ **Date:** _____