

DUNLAP RECREATION ASSOCIATION

CONCUSSION AWARENESS AND MANAGEMENT POLICY

In compliance with recent legislation and to ensure the ongoing safety of our participants, the DRA has established the following concussion awareness and management policy effective September 1, 2017.

1. At the time of registration, a concussion informational sheet emphasizing the risks of concussions shall be made available online to the parents/guardians of all youth athletes.
2. Any youth athlete who participates in youth athletics and exhibits signs of a concussion must be removed from the game, practice, competition or activity and must be evaluated by a healthcare provider.
3. Any youth athlete who is deemed by a healthcare provider as sustaining a concussion shall not be permitted to return to play until he/she no longer has concussion symptoms and provides written clearance from a health care provider for a full or graduated return to play.

Parent/Athlete Information

At the time of registration parents will be able to review a ***concussion information sheet*** and he/she will have to click to acknowledge and agree to this policy when completing the online transaction.

Required Coach Training

All volunteer coaches will be required to complete the following free training below and submit a printed copy of the certificate of completion to the appropriate program coordinator.

[*CDC Heads Up: Concussion in Youth Sports*](#) Online Training Course.

This training features interviews with leading experts, dynamic graphics and interactive exercises to get coaches, parents and others prepared for the new season in less than 30 minutes. The information will help coaches recognize concussions and know how to respond if a concussion is suspected.

What is a concussion?

Concussions are a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth, changing the way the brain normally works.

- Most concussions occur without loss of consciousness.
- Signs and symptoms can show up right after the injury or may not appear until days or weeks later.
- If an athlete has a concussion, his/her brain needs time to heal. Rest is key in recovering.
- While an athlete's brain is still healing, s/he is much more likely to have another concussion.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion. Repeat concussions can increase the time it takes to recover.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.
- In rare cases, repeat concussions in young athletes can result in brain swelling, permanent brain damage or can even be fatal.

SIGNS OBSERVED BY STAFF/COACH/PARENT

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction or play
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETES

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or "feeling down"

The Following Danger Signs Represent a Medical Emergency

- One pupil is larger than the other
- Drowsiness or inability to be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Inability to recognize people or places
- Increasingly confused, restless or agitated
- Unusual behavior
- Loss of consciousness

How to deal with a Suspected Concussion

1. Remove your child from play.
2. Do not try to judge the severity of the injury.
3. Seek medical attention. Consult a doctor properly trained to diagnose concussions.
4. Keep the athlete out of play until a health care professional, experienced in evaluating for concussion, says it is okay to return to play.

Steps to Recovery

Rest - Athletes that have sustained a concussion need to get as much rest as possible in the days and weeks following the incident to help the brain recover and heal. Resting includes getting adequate sleep, refraining from physical activities and avoiding cognitive activities such as video games, watching television, board games, schoolwork, etc. Allow daily naps or even breaks from daily activity if your child feels tired.

Monitor - Parents should check for any additional symptoms developing over the days following the incident.

Return to Play - The health care provider should provide recommendations and an action plan for returning to daily life to include school and athletics. Gradual reentry may be needed to include shortened or half days at school, measured return to athletics from light participation to full competition.

Educate Your Athlete

- Discuss with your child a list of symptoms they might experience during an activity as a result of a concussion and stress the importance of reporting a bump or blow to their head to you or a coach, even if they feel fine.
- Teach your child to play by the rules and demonstrate good sportsmanship.
- Ensure your child knows how to wear their protective equipment properly, making sure it fits well and is used every time they play.