

CONCUSSION POLICY AND PROCEDURE

DEFINITION:

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

PURPOSE:

JCPRD will implement the following policy and procedures with the purpose of lowering serious health risks associated with head injuries in sports activities at its facilities.

POLICY:

JCPRD coaches, participants, parents, officials, and site supervisor will be provided the resources to learn the behaviors, signs, and symptoms for concussions and head injuries. While these parties will not be able to officially diagnose a concussion, they should actively work to spot the signs and symptoms and of a concussion and use best judgement according to the procedures in place to get athletes to seek a qualified medical professional opinion and diagnosis.

Signs of a concussion from the Center for Disease Control and Prevention (CDC):

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

Symptoms of a concussion from the CDC:

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

Children or teens who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

PROCEDURES:

It is recommended that all coaches, participants, parents, and officials educate themselves on concussions by completing the CDC's free online concussion program. JCPRD sports facility site supervisors will be required to complete the training.

Any authorized third-party utilizing JCPRD facilities must also follow CDC guidelines for concussions or have their own policy and procedures on concussions.

Site supervisors should be notified of a potential concussion and will complete an incident report form.

Participants under the age of 18, who are suspected of a concussion must sit out and seek medical attention. Participants will not be able to return to activities until advised by a medical professional.

JCPRD will share this form and the resources listed below from the CDC with all participants, coaches, and parents. This information will also be made available on the JCPRD website for all sports leagues.

CDC CONCUSSION TRAINING:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

CDC CONCUSSION FACT SHEET LINKS:

Athletes:

https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_athletes.pdf

Coaches:

https://www.cdc.gov/headsup/pdfs/youthsports/coaches_engl.pdf

Parents:

https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf