



Concussion and Traumatic Head Injury

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away. A repeat concussion that occurs while the brain is still healing from the previous injury can be very serious and can affect a child for a lifetime and can even be fatal. It is important that a concussed child rest and not participate in sporting events until the child receives clearance from a qualified health care provider.

The tenet of Tremonton City Recreation Policy follows the four-step action plan, outlined in the CDC Heads Up program. If you suspect that a player has a concussion, you should take the following steps:

1. Remove player from play.
2. Ensure player is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform players’ parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow player to return to play only with permission from an appropriate health care professional.

Recognizing a Possible Concussion To help recognize a concussion, you should watch for the following two things among your players:

1. A forceful blow to the head or that result in rapid movement of the head. And;
2. Any change in the player’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion listed below.

Signs and Symptoms of a Concussion

SIGNS OBSERVED BY COACHING STAFF

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

SYMPTOMS REPORTED BY ATHLETE

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
Does not “feel right”

What to do when your player(s) has experienced a bump or blow to the head, or has received a “hit” that involves rapid movement of the head.

1. Remove the player from play. Look for signs and symptoms of a concussion if your player has experienced a bump or blow to the head. If they experience signs and symptoms of a concussion, they should not be allowed to return to play. When in doubt keep them out of play.

2. Ensure player is evaluated by an appropriate health care professional. Do not judge the severity of the injury yourself. Health care professionals have unique training resources to assess the severity of a concussion. You can help by being able to provide key information such as: Cause of injury and force of the hit. Did player lose consciousness, and if so, how long? Did you observe any seizure that followed the injury? Do you know if the player has had previous concussions? If so, how many?

3. Inform player's parents or guardians about the known or possible concussion and give them the fact sheet on concussion. Make sure the player's parents or guardians understand that the player should be seen by a health care professional for further evaluation of the suspected concussion.

4. Allow athlete to return to play only with permission from an appropriate health care professional. Return to Play (RTP) after a suspected concussion is only permitted with the written medical approval from a qualified healthcare professional. Such approval should be submitted to the player's coach and/or safety officer. If submitted to the player's coach, said coach should provide a copy to the safety officer for accident/injury file and concussion tracking. A repeat concussion occurring before the brain has sufficient time to recover from the initial concussion can lead to long term problems. Obtaining medical authorization to RTP decreases the potential for long term problems and a rare occurrence of second impact syndrome.

5. Symptoms which require an immediate Call to 911. The following are symptoms are indicative of a more serious head injury and require immediate medical attention via the 911 emergency response system.

- Changes in, or unequal size of pupils
- Convulsions
- Distorted features of the face
- Fluid draining from nose, mouth, or ears (may be clear or bloody)
- Fracture in the skull or face, bruising of the face, swelling at the site of the injury, or scalp wound
- Impaired hearing, smell, taste, or vision. Inability to move one or more limbs
- Irritability (especially in children), personality changes, or unusual behavior
- Loss of consciousness, confusion, or drowsiness
- Low breathing rate or drop in blood pressure
- Restlessness, clumsiness, or lack of coordination Severe headache
- Slurred speech or blurred vision
- Stiff neck or vomiting
- Symptoms improve, and then suddenly get worse (change in consciousness)

For more info go to <http://www.cdc.gov/concussion/HeadsUp/youth.html>

Acknowledgement of Tremonton City's Concussion and Traumatic Head Injury Policy

By signing this acknowledgement, I certify that I am either a: 1) the legal guardian of the Youth-Athlete that I am registering in a Tremonton City activity, 2) coach or 3) volunteer. Additionally, my signature as a legal guardian (or in the case of coach or volunteer) acknowledges that I have read Tremonton City's Concussion and Head Injury Policy, which is in compliance with Utah Code Annotated (UCA) Title 26, Chapter 53 "Protection of Athletes with Head Injuries Act". I understand what a Concussion or Traumatic Head Injury is, I have been informed nature and risks of Concussions or Traumatic Head Injuries and how to recognize the signs and symptoms, and I agree to abide by Tremonton City's Concussion and Traumatic Head Injury Policy.

I understand if my Youth-Athlete is suspected of having a Concussion or Traumatic Head Injury, he/she will be removed from the Sporting Event and will not be permitted to continue participating in any upcoming Sporting Events until a Qualified Health Care Professional has determined the Youth-Athlete's participation to a Sporting Event to be safe.

I will provide Tremonton City with a written statement by a Qualified Health Care Professional acknowledging the Youth-Athlete is cleared to resume participation. Within this statement the provider must acknowledge he/she has successfully completed a continuing education course in the evaluation and management of Concussions or Traumatic Head Injuries within three years before the day on which the written statement was made.

Parent/Coach/Volunteer Signature

Date

