

# *St. Andrews Parish Parks & Playground Commission*

## *Policy Manual*

<b>Section:</b>	7	<b>Topic:</b>	Concussion Policy
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A concussion is a brain injury that is caused by a bump or a blow to the head. It can occur during practices or games in any sport. A concussion can happen even if the player has not loss consciousness. Signs and symptoms of a concussion can show up right away after the injury or may not appear until days or weeks after the injury. Simply put, an athlete with a known or suspected concussion should be kept from further play until evaluated and given permission to return by a health care professional.

St. Andrew's Parish Parks and Playground will use the national model HEADS UP-CONCUSSION IN YOUTH SPORTS which is a program of the U.S. Department of Health and Human Services, Centers for Disease Control (CDC) and Prevention in it's youth sports program.

The program is educationally based for all facets of the program. We will distribute information to coaches, staff, parents and our participants regarding signs and symptoms that may indicate a concussion has occurred.

Listed below are the three recommended Action Plans for coaches and staff, parents and athletes.

### **The Action Plan for our coaches and staff would be the following steps:**

(1) Remove the athlete from play.

When in doubt, keep the athlete out of play.

(2) Ensure the athlete is evaluated by an appropriate health care professional.

Record any information that may help a health care professional assess the athlete's injury.

(3) Inform the athlete's parents or guardians about the known or possible concussion.

Make sure they know the athlete should be seen by a health care professional to evaluate the concussion.

(4) Allow the athlete to return to play only with permission from an appropriate health care professional.

Prevent common long-term problems and the second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

**The Action Plan for Parents would be the following steps:**

- (1) Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

- (2) Keep your child out of play.

Concussions take time to heal. Don't let your child return to play until a health care professional says it is okay.

- (3) Tell your child's coach about any recent concussions.

Coaches should know if your child had a recent concussion (in the last twelve months) whether it was in this activity or a previous one.

**The Action Plan for athletes would be the following steps:**

- (1) Tell your coaches and your parents if you think you have a concussion.

Never ignore a blow to the head even if you feel fine. Also tell your coach if one of your teammates might have a concussion. The following are symptoms of a concussion:

Headache or "pressure" in the head

Nausea or vomiting

Balance problems or dizziness

Bothered by light

Bothered by noise

Feeling sluggish, hazy, foggy or groggy

Difficulty in paying attention

Memory problems

Confusion

- (2) Get a medical check up.

A health care professional can tell you when it is safe for you to return to play.

- (3) Give yourself time to get better.

If you have had a concussion, your brain needs time to heal.