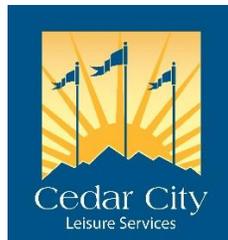


Cedar City Sports & Recreation

Concussion and Traumatic Head Injury Policy



The City of Cedar (City) recognizes that concussions and head injuries can result from contact in sports and have serious consequences if not properly evaluated and treated. Therefore, consistent with state law, Cedar City has adopted this Concussion and Traumatic Head Injury Policy in order to educate and to establish a plan of action for coaches, teachers, employees, representatives, officials, or volunteers of the City (Agents) when a player/participant suffers or is suspected of suffering a concussion during a sporting event. NOTE: under state law, sporting events include all games, practices, camps, physical education classes, competitions, or tryouts. It shall be the policy of the City that all Agents as well as parents/guardians of players will be familiar with the symptoms and signs of concussion and be prepared to take appropriate action as outlined below in responding to such incidents. “When in doubt, sit them out!” Youth players are particularly vulnerable to the effects of concussion. A concussion has the potential to result in death, or short- and long-term changes in brain function. A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Symptoms include (but are not limited to) transient confusion, disorientation, impaired consciousness, dysfunction of memory, loss of consciousness, seizures, irritability, lethargy, vomiting, headache, dizziness, or fatigue. Continued participation in any sporting event following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain and even death. The well-being of the players is of paramount concern during a sporting event. Agents and parents/guardians are being asked to make all efforts to ensure that concussed players do not continue to participate. Thus, Agents and parents/guardians should all be looking for signs of concussion in all players and any suspected concussed player should immediately be removed from play.

Role of City coaches, teachers, employees, representatives, officials, or volunteers (Agents): Agents will NOT be expected, nor will they be trained to “diagnose” a concussion. Diagnosis is the job of a qualified health care provider. Agents are being asked to use their best judgment in observing the signs, symptoms and behaviors associated with concussions. If an Agent observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player’s parent/guardian. Agents are not permitted to allow a player to resume activity until the Agent receives a written statement from a

qualified health care provider indicating that the player is cleared to resume participation in the sporting event. The written statement must be provided to Cedar City.

In addition to reviewing the Concussion and Head Injury Information Sheet and this Policy, it is strongly recommended that Agents participate in a free online course on concussion management prepared by the Center for Disease Control accessed at http://www.cdc.gov/concussion/HeadsUp/online_training.html.

Role of Parents/Guardians: Like Agents, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. When registering a participant for a sport or event, the parent/guardian will be required to sign the waiver acknowledging that they are familiar with and will abide by this concussion policy as posted at cedarcity.org - sports and recreation. Parents/guardians will be expected to comply with this Policy and support the determination made by the Agents to remove a player from a sporting event. It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event. It is the parent/guardian’s responsibility to return the completed form to the Cedar City Aquatic Center: Attention Sports and Recreation Manager, before the player is allowed to resume play at a sporting event. NOTE: a qualified health care provider is a provider licensed by the Department of Professional Licensing (under Title 58 of the Utah Code) and who may evaluate a concussion within the scope of his/her practice. Some examples include: physician, physician’s assistant, registered nurse, licensed practical nurse, physical therapist, or athletic trainer.

In addition to reviewing the Concussion and Head Injury Information Sheet and this Policy, it is strongly recommended that Agents participate in a free online course on concussion management prepared by the Center for Disease Control accessed at http://www.cdc.gov/concussion/HeadsUp/online_training.html.

Mandated Course of Action: 1. Remove player from the sporting event. 2. Notify parent/guardian. 3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable. 4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain and return to the Cedar City Aquatic Center a completed Qualified Health Care Provider Statement Authorizing Player to Resume Play Form indicating that the player is cleared to resume participation in the sporting event. NOTE: This policy is applicable only to City teams, leagues, and sporting events. The City is not responsible for implementing any concussion or head injury policy for independent teams, leagues, organizations, or associations that utilize City fields or facilities.

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON."**

CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

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
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- 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



JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION