

MUST COMPLETE: Concussion Awareness-Prevention Guidelines

The following constitute the policies of Girard Youth Activities (your organization) with regard to concussion awareness and prevention within our organization.

Girard Youth Activities is committed to maintain an adequate system and regularly promote a concussion awareness and safety recognition program, including, but not limited to, the online Concussion Course offered by the Center for Disease Control and Prevention. www.cdc.gov/ConcussionInYouthSports

Girard Youth Activities communicates, in writing (including by electronic means), our concussion awareness and safety recognition program to all participants, coaches, parents and involved parties.

Girard Youth Activities has a clear understanding of concussion and the potential consequences of the injury; recognizing concussion signs and symptoms and how to respond.

Girard Youth Activities is focused on prevention and preparedness to help participants stay safe and learn the steps for returning to activity after a concussion.

Girard Youth Activities will take the following 5 steps if we suspect a participant has a concussion:

- 1) Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.
- 2) Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.
- 3) Recording the following information can help health care professionals in assessing the athlete after the injury:
Cause of the injury and force of the hit or blow to the head or body
Any loss of consciousness (passed out/knocked out) and if so, for how long
Any memory loss immediately following the injury
Any seizures immediately following the injury
Number of previous concussions (if any)
- 4) Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional who is experienced in evaluating for concussion.
- 5) Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he/she is symptom-free, and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first concussion—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

By signing this statement, I acknowledge that we have adopted this program and have incorporated it into our program guidelines.

Signature

Title

Date