



SANDY CITY PARKS AND RECREATION DEPARTMENT

CONCUSSION AND HEAD INJURY POLICY AND PROCEDURE

PURPOSE: In compliance with House Bill 204 (HB 204) – “Protection of Athletes with Head Injuries Act”; Sandy City has implemented the policy below which requires adherence by all coaches, volunteers, parents, legal guardians, participants, and agents of Sandy City.

POLICY: It is policy of Sandy City to inform parents, athletes, coaches, and the City agents of the signs, symptoms or behaviors consistent with sports induced concussions and head injuries. It is the requirement of HB 204 that athletes, under the age of 18, suspected of a concussion or head injury are required to be immediately removed from the sporting event, seek medical attention, and follow the procedure to return to play.

If Sandy City or its agents suspects an athlete of sustaining a concussion or traumatic head injury while participating in a sporting event; the athlete shall be removed immediately. Upon removal of athlete suspected of sustaining concussion or a traumatic head injury, a written medical clearance from a qualified health care provider is required before the athlete can return to participate in any sporting event.

PROCEDURE: As of August 1, 2011, the policy requires that:

A. Distribution of Policy & Collection of Consent

- A.1 A copy of the Concussion and Head Injury Policy shall be provided to each parent or legal guardian of an athlete registered in a Sandy Recreation “Sporting Event” to include a game, a practice, a sports camp, educational classes, tournaments, leagues, tryouts, or competitions.
- A.2 Coaches, volunteers, and agents of Sandy City represented at each “Sporting Event” are familiar with and have a copy of the Concussion and Head Injury Policy.
- A.3 A written medical clearance from a qualified health care provider is required before the athlete can return to participate in any sporting event. The medical release must be provided to the Sandy Recreation Division.

B. Suspected Concussion Procedure

- B.1 If an athlete (a child who is under the age of 18) is suspected of sustaining a concussion or traumatic head injury while participating in a sporting event; the athlete shall be removed from play immediately – “when in doubt, sit them out.” Upon removal a written medical clearance from a qualified health care provider is required before the athlete can return to participate in any sporting event. The City agent will complete a head injury report and submit the report to the Recreation Coordinator responsible for that program within 24 hours or on the next business day following the accident.
- B.2 An athlete who has been removed from play must receive written clearance from a licensed health care provider stating that the athlete has been evaluated by a qualified health care provider who: (a) is licensed under Title 58, Occupations and Professions; (b) may evaluate and manage a concussion within the health care provider's scope of practice; and (c) within three years before the day on which the written statement is made, have successfully completed a continuing education course in the evaluation and management of a concussion.

- B.3 The City agent will note on the game, lesson, or group roster which athlete was removed from the sporting event due to having been suspected of sustaining concussion or a traumatic head injury. The agent shall complete a concussion and head injury report, instruct the coach that the athlete has been removed from the sporting event, and should seek medical attention, and will need to follow the procedure to return to play (see B.2).
- B.4 The City agent will contact the parent or legal guardian to inform them that the athlete will need a written release before being allowed to play in future sporting events. The date, time, and name of parent or legal guardian contacted will be noted on the report by the City agent at the time of contact.
- B.5 The report will be attached to the athlete's registration form indicating the date they were removed from participation due to a suspected concussion or head injury.
- B.6 The concussion and head injury report will be attached to the accident report form and submitted to Parks and Recreation Administration within 24 hours or the following business day. The written release from an approved health care provider, meeting the above criteria, will also be attached to the registration form and kept by the recreation division.
- B.7 Once all criteria have been met, the City agent for the sporting event will notify all parties involved that the athlete is cleared to participate.

DEFINITIONS / SYMPTOMS / SIGNS

1. Definition of a Concussion: A concussion is a brain injury that: Is caused by a bump or blow to the head; Can change the way your brain normally works; Can occur during practices or games in any sport; Can happen even if you haven't been knocked out; Can be serious even if you've just been "dinged."
2. Symptoms of a Concussion – listed are common symptoms, but are not limited to: Headache or "pressure in head; Nausea or vomiting; Balance problems or dizziness; Double or blurry vision; Bothered by light; Bothered by noise; Feeling sluggish, hazy, foggy, or groggy; Difficulty paying attention; Concentration or memory problems; Transient confusion, disorientation or impaired consciousness; Loss of consciousness.
3. Signs of other neurological or neuropsychological dysfunction including: Seizures; Irritability; Lethargy; Vomiting; Headache; Dizziness; Fatigue; or Does not "feel right"
4. Failure to respond to policy - athlete continues playing with a concussion or returns too soon:
 - a. Insist that safety come first by reviewing the Nature and Risk of a concussion and/or head injury
 - b. Immediately notify the site supervisor on duty or program coordinator if you're a coach; notify your supervisor if you're a City employee of the Recreation Division.