



El Dorado Hills Community Service District

1021 Harvard Way

El Dorado Hills, California 95762

www.edhcsd.org

YOUTH SPORTS CONCUSSION INFORMATION

El Dorado Hills Community Service District recognizes that participating in sports has a tremendous physical, emotional, and social benefit for children and adolescents. No sport is free of the potential danger and long-term health consequences of concussions which often times are very difficult to diagnose. A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head or by a hit to the body that cause the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

This information is intended to provide easy to understand guidelines related to participants who are suspected of having a concussion or have been diagnosed with a concussion.

Removal from Play Policy - “When in Doubt, Sit them Out”

If a participant exhibits any signs, symptoms, or behaviors that he or she may have had a concussion, the athlete must be removed from all physical activity for the remainder of the day. The participant’s parent or legal guardian must be informed immediately that the participant had a possible concussion and what signs or symptoms were observed as well as any treatment that was administered.

Return to Play Policy

Following a possible concussion, the participant will only be permitted to return to play with permission from a licensed health care provider and a written clearance to return to the athletic activity.

Concussion Information Sheet

A concussion information sheet will be provided to all players, parents, coaches and staff detailing the definition of a concussion, signs and symptoms of a concussion, how to prevent concussions, and what to do if you suspect a participant has suffered a concussion. All parents, coaches and staff must sign a waiver acknowledging that they have read and understand the concussion information sheet.

Coaches Online Concussion Training

All coaches must complete a free online concussion training course and provide a certificate of completion prior to participation. Two commonly used online training programs are:

<http://headsup.cdc.gov>

<http://www.nays.org/additional-training/>