

**City of Concord Parks & Recreation
 Youth Sports Concussion Information**

This information helps to provide youth sport coaches and parents associated with the City of Concord, Parks & Recreation Department programs guidelines on relating to recognizing signs of a concussion, procedures for dealing with athletes and parents when a concussion is suspected, as well as rules concerning the return to action for the participant.

What is a concussion?

A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth. The well-being of the youth sport participant is our greatest concern during any practice or game. Officials, coaches, and parents are being asked to make all efforts to ensure that concussed youth sport participants are removed from practices and/or games.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep.

Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly.	Headache Fuzzy / Blurry vision	Irritability	Sleeping more than usual
Taking longer to figure things out	Feeling sick to your stomach/queasy	Sadness	Sleeping less than usual
Difficulty concentrating	Vomiting/throwing up	Being more moody	Trouble falling asleep.
Difficulty remembering new info.	Dizziness	Feeling nervous or worried	Feeling tired
	Balance problems	Crying more	
	Sensitivity to noise or light		

When in doubt, sit them out! It’s far better to miss one or two games as a precautionary matter than to risk possible brain injury. No game is worth that.

What should I do if I think I have a concussion? If there are any signs or symptoms listed above, you should tell your parents, coach, or staff member so they can get you the help you need. If a parent notices these symptoms, they should inform the coach or staff and seek medical assistance going forward.

When should I be particularly concerned? If the participants have a headache that gets worse over time, are unable to control body, they throw up repeatedly or feel more and more sick to their stomach, or words are coming out funny/slurred, you should seek medical attention immediately.

What are some of the problems that may affect me after a concussion? Having trouble in some classes at school or even with activities at home. Continuing to play or returning to play too early with a concussion may have long term effects on remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once they have a concussion, they are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After being diagnosed with having a concussion, the decision on when return to activity/play or practice is allowed will need to be decided by a medical professional. Return to play or practice on the same day as your suspected concussion is not allowed.

Role of Coaching Staff /Officials /Staff:

Coaches/Coaching Staff / Officials /Staff will **NOT** be expected to “diagnose” a concussion. That is the job of a licensed health-care professional. Coaches and staff will be asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions.

Suspected Concussion Suggested Course of Action for Coaches/Staff:

1. After a head injury, athletes must be removed from participating immediately.
2. Notify the parents/guardians of the injury and any observed signs, symptoms, or behavior listed above. The responsibility of further evaluating and managing the participant falls upon the parent/guardian or a medical professional.
3. Any participant suspected of having a concussion should be evaluated by a licensed health-care professional within a day of the “injury”.
4. Participants who receive a diagnosis of a concussion will not be allowed to return to play or practice until they receive clearance from a medical professional.
5. Clearance shall be in the form of a Return-to-Paly Form signed by the medical professional. One copy must be supplied to the City of Concord Parks and Recreation Department, prior to any return to play.

**Any coach that disregards the safety and well-being of a participant as it relates to the suggested concussion course of action will be suspended indefinitely from coaching. Additionally, any coach that misuses this policy to prohibit an otherwise healthy, fit, uninjured player from participating will be suspended indefinitely from coaching.*