

# ECPR

## Elbert County Parks and Recreation

### Return To Play Concussion Policy

The purpose of this policy is to determine the steps to be taken if an athlete has signs and symptoms of a **Concussion** while participating in ECPR activities.

A **Concussion** is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth.

If an athlete reports one or more symptoms of a concussion after a bump, blow or jolt to the head or body, the athlete should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the player is symptom-free and it's OK to return to play. **The authorization for the player to return MUST be in writing and signed by a health care professional saying it is OK to return to play. The authorization MUST also be approved by ECPR Staff prior to returning to play.**

**It also MUST be reported to ECPR Staff and documented that an athlete has the symptoms of or is suffering from a concussion when it occurs.**

The following are signs and symptoms of a concussion observed by coaches:

- \*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
- \*Briefly loses consciousness
- \*Shows mood, behavior or personality changes
- \*Can't recall events prior to hit or fall
- \*Can't recall events after hit or fall

## **ATHLETE CONCUSSION POLICY (Page 2)**

The following are symptoms of a concussion reported by athletes:

- \*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 “feeling down”

An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body the athlete exhibits any of the following danger signs:

- \*One pupil is larger than the other
- \*Is drowsy or cannot be awakened
- \*A headache that not only does not diminish, but gets worse
- \*Weakness, numbness or decreased coordination
- \*Repeated vomiting or nausea
- \*Slurred speech
- \*Convulsions or seizures
- \*Cannot recognize people or places
- \*Becomes increasingly confused, restless or agitated
- \*Has unusual behavior
- \*Loses consciousness

If an athlete has a concussion, their brain needs time to heal. Repeat concussions in young athletes can result in brain swelling or permanent damage to the brain. They can even be fatal.

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself.

## **ATHLETE CONCUSSION POLICY (Page 3)**

Each parent and player **MUST** sign the **Center for Disease Control Parent/Athlete Concussion Information Sheet** prior to participation in ECPR athletic programs. Each parent will receive a copy of the form after it is signed to keep for their information.

Each parent and player **MUST** recognize the danger of concussions and be aware of the symptoms and what to look for. This policy will address the steps to take if an athlete has signs or symptoms of a concussion.

Coaches **MUST** attend a training session and complete an online course through the CDC Heads Up Concussion awareness program before practice begins to learn about concussions and how to recognize what to do when a concussion happens.

**REMEMBER:** Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

This policy is required by state law in Georgia House Bill 284 which is the “Return To Play Act of 2013”.

**This policy is effective beginning June 1, 2013**

Source of Information:

Centers for Disease Control

**[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)**

