

# Concussion and Head Injury Policy

In compliance with House Bill 204 – “Protection of Athletes with Head Injuries Act”; Richfield City has implemented the following policy which requires adherence by all coaches, volunteers, parents, legal guardians, participants and representatives of Richfield City.

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or hit to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and even death if not recognized and managed properly. Even a slight bump on the head can be serious.

Symptoms and signs of concussions may show up right after the injury or can take several hours or days to completely appear. If an athlete reports any symptoms of a concussion or if you notice the symptoms of concussions yourself, seek medical attention right away. It is difficult to detect a concussion and most sports concussions occur without loss of consciousness. Participating in a sporting event after a concussion can leave an athlete vulnerable to greater injury or death. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first. This can lead to prolonged recovery, or even severe brain swelling with devastating and even fatal consequences.

## Concussion Action Plan

What should a parent and/or legal guardian do when a concussion is suspected?

1. Report the suspicion to the coach and Richfield City representative:
  - a. Look for the symptoms and signs of a concussion (see CDC fact sheet)
  - b. When in doubt, remove the athlete from play
2. Ensure that the athlete is evaluated right away:
  - a. Do not try to judge the severity yourself, get assistance from a qualified Health Care Professional as soon as possible
3. Allow athlete to return to play only with permission from a qualified Health Care Provider:
  - a. Repeated concussion prior to recovery can increase the likelihood of further problems
  - b. No participant should return to play or practice on the same day a concussion has been diagnosed.
4. Both coach and parent should record the following:
  - a. The cause of the head injury and with what force
  - b. Any loss of consciousness and for how long
  - c. Any memory loss immediately after the injury
  - d. Any seizures immediately after the injury
  - e. Any other pertinent information you may think will help the Health Care Provider

### ***Acknowledgement***

By signing the Richfield Parks & Recreation registration form I acknowledge I have read Richfield City’s Concussion and Head Injury Policy. I understand what a concussion is, have been informed on how to recognize the signs and symptoms and agree to abide by the policy. I understand if my athlete is suspected of having a concussion, he/she will be removed from the sporting event and will not be permitted to continue participating in any upcoming sporting events until a qualified Health Care Professional has determined it to be safe. I will provide Richfield City with a written statement by a qualified Health Care Professional acknowledging the athlete is cleared to resume participation.