

Payson City Recreation Concussion and Traumatic Head Injury Policy

The tenet of Payson City Recreation Policy follows the four step action plan, outlined in the CDC *Heads Up* program. If you suspect that a player has a concussion, you should take the following steps:

- 1 Remove player from play.**
- 2 Ensure player is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.**
- 3 Inform players' parents or guardians about the known or possible concussion and give them the fact sheet on concussion.**
- 4 Allow player to return to play only with permission from an appropriate health care professional.**

Recognizing a Possible Concussion To help recognize a concussion, you should watch for the following two things among your players:

1. A forceful blow to the head or that result in rapid movement of the head. **And;**
2. Any change in the player's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion listed below.

Signs and Symptoms of a Concussion

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

What to do when your player(s) has experienced a bump or blow to the head, or has received a "hit" that involves rapid movement of the head.

1. Remove the player from play. Look for signs and symptoms of a concussion if your player has experienced a bump or blow to the head. If they experience signs and symptoms of a concussion, they should not be allowed to return to play. When in doubt keep them out of play.

2. Ensure player is evaluated by an appropriate health care professional. Do not judge the severity of the injury yourself. Health care professionals have unique training resources to assess the severity of a concussion. You can help by being able to provide key information such as:

- Cause of injury and force of the hit.
- Did player lose consciousness, and if so how long?
- Did you observe any seizure that followed the injury?

- Do you know if the player has had previous concussions? If so, how many?

3. Inform player's parents or guardians about the known or possible concussion and give them the fact sheet on concussion. Make sure the player's parents or guardians understand that the player should be seen by a health care professional for further evaluation of the suspected concussion.

4. Allow athlete to return to play only with permission from an appropriate health care professional. Return to Play (RTP) after a suspected concussion is only permitted with the written medical approval from a qualified healthcare professional. Such approval should be submitted to the player's coach and/or safety officer. If submitted to the player's coach, said coach should provide a copy to the safety officer for accident/injury file and concussion tracking. A repeat concussion occurring before the brain has sufficient time to recover from the initial concussion can lead to long term problems. Obtaining medical authorization to RTP decreases the potential for long term problems and a rare occurrence of *second impact syndrome*.

5. Symptoms which require an immediate Call to 911 The following are symptoms are indicative of a more serious head injury and require immediate medical attention via the 911 emergency response system.

- Changes in, or unequal size of pupils
- HUConvulsionsU □ Distorted features of the face
- Fluid draining from nose, mouth, or ears (may be clear or bloody)
- HUFractureUH in the skull or face, bruising of the face, swelling at the site of the injury, or scalp wound
- Impaired hearing, smell, taste, or vision ☒ Inability to move one or more limbs
- Irritability (especially in children), personality changes, or unusual behavior
- HULoss of consciousnessUH, HUconfusionUH, or HUDrowsinessU □ Low breathing rate or drop in blood pressure
- Restlessness, clumsiness, or lack of coordination
- Severe headache
- HUSlurred speechUH or blurred vision
- Stiff neck or vomiting
- Symptoms improve, and then suddenly get worse (change in consciousness)

For more info go to <http://www.cdc.gov/concussion/HeadsUp/youth.html>