



## Horn Lake Parks & Recreation Concussion and Traumatic Head Injury Policy

### **PURPOSE**

Horn Lake Parks & Recreation recognizes that concussions and head injuries can result from contact in sports and have serious consequences if not properly evaluated and treated. Therefore, Horn Lake Parks & Recreation has adopted this Concussion and Traumatic Head Injury Policy in order to educate and establish a plan of action for coaches, employees, or volunteers (Representatives) of Horn Lake Parks & Recreation when a player (defined as an individual under the age of 18 years) suffers or is suspected of suffering a concussion during a sporting event.

### **POLICY**

It shall be the policy of Horn Lake Parks & Recreation that all Agents as well as parents/guardians of players will be familiar with the symptoms and signs of concussion and be prepared to take appropriate action as outlined below in responding to such incidents. "When in doubt, sit them out!" Youth players are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death, or short-term and long-term changes in the brain function. A concussion is a brain injury that result in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Symptoms include (but are not limited to) transient confusion, disorientation, impaired consciousness, dysfunction of memory, loss of consciousness, seizures, irritability, lethargy, vomiting, headache, dizziness, or fatigue. Continued participation in any sporting event following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain or even death. The well-being of the players is a paramount concern during a sporting event. Representatives and parents/guardians are being asked to make all efforts to ensure that concussed players do not continue to participate. Thus, Representatives and parents/guardians should all be looking for signs of concussion in all players and any suspected concussed player should immediately be removed from play. All Representatives will be familiar with and will receive a copy of this policy. Parents/guardians will be provided a copy of this Policy, this policy must be reviewed and acknowledgement signed by the parent/ guardian before the player will be allowed to participate in a sporting event. The parent/ guardian will also receive a Concussion Fact Sheet to have more information.

as well as the Concussion Fact Sheet. These documents must be reviewed, and the acknowledgement signed by the parent/guardian before the player will be allowed to participate in a sporting event.

### **Role of City coaches, instructors, employees, or volunteers (Representatives):**

Representatives will NOT be expected nor will they be trained to “diagnose” a concussion. Diagnosis is the job of a qualified health care provider. Representatives are being asked to use their best judgment in observing the signs, symptoms and behaviors associated with concussions. If a Representative is observing questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player’s parent/guardian. Representatives are not permitted to allow a player to resume activity until the Representative receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event. The written statement must be provided to the Recreation Director before the player may resume participation in the sporting event.

### **Role of Parent/Guardians:**

Like Representatives, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be required to review the Information Sheet and sign the Parental Acknowledgement Form indicating that the parent/guardian has read, understands, and agrees to abide by this Policy. Parents/guardians will be expected to comply with this Policy and support the determination made by the Representatives to remove a player from a sporting event. It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain and present to the Recreation Director the health care provider’s written statement that clears the player to resume participation in the sporting event.

### **Mandated Course of Action:**

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any Player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain and return to the Horn Lake Parks

Recreation Department a completed health care provider's statement authorizing player to resume play in the sporting event.

NOTE: this policy is applicable only to City teams, leagues, and sporting events. Horn Lake Parks & Recreation is not responsible for implementing any concussion or head injury policy for independent teams, leagues, organizations, or associations that utilize City owned or operated fields or facilities.