

## YOUTH SPORTS CONCUSSION POLICY



The Fair Oaks Recreation & Park District (FORPD) recognizes the potential danger and long-term health consequences of this, often difficult to diagnose form of traumatic brain injury. This policy is intended to provide easy to understand guidelines related to participants who have been diagnosed with or are suspected of having a concussion.

This policy applies to all FORPD Youth Sports programs and is for all players, coaches, parents, staff and officials.

### **Removal from Play Policy – “When in Doubt, Sit them Out”**

If a participant exhibits any signs, symptoms, or behaviors that he or she may have had a concussion, that athlete must be removed from all physical activity for the remainder of the day. The participant’s parent or guardian must be informed that they had a suspected concussion and what signs or symptoms were observed and any treatment that was provided.

### **Return to Play Policy**

Following a suspected concussion, the participant can only return to play with permission from a health care professional and a written clearance to return to athletic activity.

### **Concussion Information Sheet**

A concussion information sheet will be supplied to all coaches, parents, players and staff detailing the definition of a concussion, how to prevent concussions, signs and symptoms of a concussion and what to do if a child has a suspected concussion. All parents, coaches and staff must sign stating that they have read and understand the concussion information sheet.

### **Concussion Training – CDC Heads Up Concussion Training**

All coaches and staff must complete the online concussion training provided by the CDC Heads Up Concussion program.

### **Document References**

Assembly Bill 2007 –

[http://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill\\_id=201520160AB2007](http://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201520160AB2007)

Heads Up online training video for Parents –

<http://www.cdc.gov/HeadsUp/youthsports/training/index.html>

Required Heads Up online training video for Coaches/Staff/Officials –

<https://headsup.cdc.gov>

Fair Oaks Recreation & Park District Concussion Information Sheet –

<http://www.forpd.org/316/Youth-Sports-Concussion-Policy>

