



Newberry County Parks & Recreation

-Concussion Protocol-

PURPOSE

The following protocol and procedures are being implemented by the Newberry County Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

PROTOCOL

It is the protocol of the Newberry County Parks and Recreation Department to educate coaches, field/site supervisors, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants under the age of 18, suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play.

DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion.

SYMPTOMS REPORTED BY CHILDREN OR TEENS	SIGNS OBSERVED BY PARENTS OR COACHES
<ul style="list-style-type: none"> ➤ Headache ➤ Nausea or vomiting ➤ Balance problems or dizziness ➤ Double or blurry vision ➤ Sensitivity to light ➤ Feeling sluggish, hazy, foggy, or groggy ➤ Concentration or memory problems ➤ Confusion ➤ Just not “feeling right” or is “feeling down” 	<ul style="list-style-type: none"> ➤ Appears dazed or stunned ➤ Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent ➤ Moves clumsily ➤ Answers questions slowly ➤ Loses consciousness (even briefly) ➤ Shows mood, behavior, personality changes ➤ Cannot recall events prior to or after hit or fall

PROCEDURE

1. Distribution of Protocol
 - A. Parents, coaches, assistant coaches, and field/site supervisors associated with a sports program or activity should become familiar with and have access to a copy of the Newberry County Parks and Recreation Concussion Protocol and access to the Center for Disease Control (CDC) concussion information sheet.
 - B. Parents, coaches, assistant coaches, and field/site supervisors are strongly encouraged to view the “Heads Up: Concussion in Youth Sports” online course from the CDC. Parents, coaches, and staff will be provided a website link to access the training.
2. Suspected Concussion Procedures
 - A. Any participant exhibiting the signs, symptoms, or behaviors associated with a concussion or head injury: (1) must be immediately removed from the activity and (2) may not again participate in any activity until cleared by an appropriate health care professional.

REMEMBER: WHEN IN DOUBT SIT THEM OUT!

- B. The injured participant may not be cleared for practice or competition the same day that the sign, symptom, or behavior associated with a concussion or head injury was observed.
- C. The injured participants' parent or legal guardian should be immediately notified of the suspected concussion or head injury so that the participant can be evaluated by an appropriate health care professional.
- D. Coaches need to fill out an injury report form provided in their coaching packet if a child is suspected of having a concussion at a practice and contact the Director of Sports Programming and Administration as soon as possible (within 24 hours). If the suspected concussion occurs at a game, the Field/Site Supervisor will fill out this form and contact the Director of Sports Programming and Administration (within 24 hours).
- E. The parent or legal guardian of a participant who is suspected of a concussion or head injury must submit written medical clearance from an appropriate health care professional to the Newberry County Parks and Recreation Director of Sports Programming and Administration, prior to returning to any activity. Players will not be allowed to participate until this document is produced.

NOTE: This protocol is applicable only to Newberry County Parks and Recreation programs and leagues. The County is not responsible for implementing any concussion or head injury protocol or procedures for independent teams, leagues, organizations, or associations that utilize County fields or facilities.