



# Newberry County Parks & Recreation Concussion Protocol

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## PURPOSE

This protocol aims to reduce the potentially serious health risks associated with sports related concussions and head injuries.

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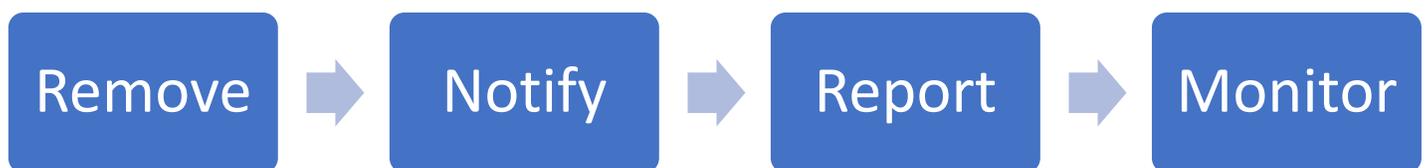
## DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow that jars the brain. Loss of consciousness is not required.

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

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## PROCEDURE



1. Remove participant from activity immediately if concussion is suspected.
2. Notify parent/guardian and staff immediately.
3. File incident report within 24 hours.
4. Participants must be cleared by a healthcare professional before returning.

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**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.