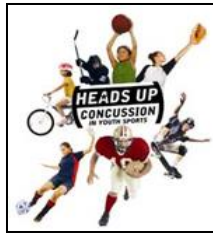




PARTICIPANT CONCUSSION



MANAGEMENT POLICY

Sports-related concussions in youth sports can be serious or even life-threatening situations if not managed correctly. Medical research into sports-related concussions and the management of the athlete with a possible concussion have recently gained a lot of momentum. The Oregon School Activities Association (OSAA) and the Oregon State Legislature have passed initiatives to ensure the safe and appropriate management of all youth sport participants who exhibit signs of a possible concussion.

KIDSPORTS believes in providing a safe environment for its youth sport participants, coaches, and families to enjoy, while participating in our KIDSPORT programs. KIDSPORTS will utilize this protocol to appropriately recognize and manage all suspected and diagnosed concussions and allow an injured participant's safe return to activity when medical clearance has been given.

Coaches:

KIDSPORTS will require annual training on concussion safety. This can include a website video training tool, or completion of concussion training at a coaches meeting, or upon registering as a coach. Proof of concussion training must be submitted to KIDSPORTS prior to the official start of team practices. Football coaches will be asked to read additional material regarding illegal helmet contact and proper helmet fitting.

ACTive: Athletic Concussion Training for Coaches.

Signs and Symptoms of Concussions:

Observed by Parents, Friends, Teachers, Coaches

- Appears dazed and stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

Symptoms Reported By Athlete

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

When a Possible Concussion is Suspected:

If you suspect a participant has a concussion, please implement the follow KIDSPORTS concussion management protocol:

1. **Immediately remove the participant from play.** Athletes who experience signs and symptoms of a possible concussion should not be allowed to return to play. “When in doubt, keep them out.”
2. **Inform the participant’s parents or guardians about the known or possible concussion.** Make sure the parents understand the child needs to be seen by a health care professional.
3. **Ensure that the participant is evaluated by an appropriate heath care professional.** It is important that the health care professional (can be child’s Primary Care Provider) is trained in proper concussion management.
4. **KIDSPORTS coaches will report any head injury/concussion to their high school area’s Sports Manager.** Sport Manager’s can be reached at: 541 683 2374
5. **Allow the participant to return to play only with written permission from a health care professional.** KIDSPORTS Coaches require a “return to participation OK” note from the health care professional be given to the participant’s coach prior to the participant’s return to play.

Post Concussion Symptoms:

When an athlete returns to play, sometimes the effects from a concussion can linger or reappear and participation should be immediately stopped. Post – Concussion symptoms include:

- | | |
|----------------------------|---|
| ➤ headache | lack of energy |
| ➤ fogginess | dizziness, poor balance, lightheaded |
| ➤ difficulty concentrating | blurred vision |
| ➤ easily confused | sensitive to light and sounds |
| ➤ slowed thought process | poor sleep |
| ➤ difficulty with memory | mood changes – irritable, anxious, or tearful |

I have read and understand the concussion participant management policy:

Name: _____ Date: _____

Signature

References:

1. Dr. Michael C. Koester, MD, ATC, Director Slocum Sports Concussion program.
2. OSAA Sideline Concussion Guide
3. Oregon Center for Applied Science (ORCAS): Concussion Training for coaches