



WEST POINT CITY RECREATION

CONCUSSION AND HEAD INJURY POLICY

In compliance with Utah Code, Sections 26-53-101 to 301 – “Protection of Athletes with Head Injuries Act”; West Point City has implemented the policy below which requires adherence by all coaches, volunteers, parents, legal guardians, participants, and agents of West Point City.

General Concussion Description

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and even death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious.

Symptoms and signs of concussions (see traumatic head injury below) may show up right after the injury or can take hours or days to fully appear. If your athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. You cannot see a concussion and most sports concussions occur without loss of consciousness.

Nature and Risk

A concussion or a traumatic head injury; and continuing to participate in a sporting event after sustaining a concussion or a traumatic head injury can leave the athlete vulnerable to greater injury or death. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first. This can lead to prolonged recovery, or even severe brain swelling with devastating and even fatal consequences.

Policy Requirements

If West Point City, its agents, coaches, volunteers, parents or legal guardians suspects an athlete (a child who is under the age of 18) of sustaining a concussion or traumatic head injury while participating in a sporting event; the athlete shall be removed immediately from further participation. Upon removal of an athlete suspected of sustaining a concussion or a traumatic head injury, a written medical clearance from a qualified health care provider must be provided to the Recreation Director before the athlete can return to participate in any sporting event. West Point City will maintain a list of all athletes removed from a sporting event due to a traumatic head injury.

- 1) **“Qualified Health Care Provider”** means a health care provider who: (a) is licensed under Title 38, Occupations and Professions; (b) may evaluate and manage a concussion within the health care provider’s scope of practice; and (c) within three years before the day on which the written statement is made, have successfully completed a continuing education course in the evaluation and management of a concussion.
- 2) **“Sporting Event”** means any of the following athletic activities that is organized, operated, managed, or sponsored by West Point City, such as: a game, a practice, a clinic, a sports camp, an educational class, or a tryout.
- 3) **“Traumatic Head Injury”** means an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self-reported conditions attributable to the injury: (a) transient confusion, disorientation, or impaired consciousness, neuropsychological dysfunction, including: (I) seizures, (II) irritability, (III) lethargy, (IV) vomiting, (V) dizziness, or (VII) fatigue.

Concussion Action Plan

What should a parent and/or legal guardian do when a concussion is suspected?

1. Report the suspicion to the coach:
 - a. Look for the symptoms and signs of a concussion (see traumatic head injury above)
 - b. When in doubt, remove the athlete from participation.
2. Ensure that the athlete is evaluated right away:
 - a. Do not try to judge the severity yourself, get assistance from a qualified Health Care Professional as soon as possible.
3. Allow athlete to return to participation only with permission from a qualified Health Care Provider:
 - a. Repeated concussion prior to recovery can increase the likelihood of further problems
4. Record the following:
 - a. The cause of the head injury and with what force
 - b. Any loss of consciousness and for how long
 - c. Any memory loss immediately after the injury
 - d. Any seizures immediately after the injury
 - e. Any other pertinent information you may think will help the Health Care Provider

PLEASE RETURN THIS PORTION TO HEAD COACH OR WEST POINT CITY

Acknowledgement

After reading West Point City's Concussion and Head Injury Policy; I understand what a concussion is, have been informed on how to recognize the signs and symptoms and agree to abide by the policy. I understand if my athlete is suspected of having a concussion, he/she will be removed from the sporting event and will not be permitted to continue participating in any upcoming sporting events until a qualified Health Care Professional has determined it to be safe. I will provide West Point City with a written statement by a qualified Health Care Professional acknowledging the athlete is cleared to resume participation. Within this statement the provider must acknowledge he/she has successfully completed a continuing education course in the evaluation and management of a concussion within three years before the day on which the written statement was made.

Signature of a parent or legal guardian of the athlete

Date

Print Name (parent or legal guardian)

Athlete's Name (please print)

Sport /Program/Activity

Division/Age group

Please return the completed form to: West Point City Recreation
3200 West 300 North
West Point, Utah 84015
(801) 776-0970