# **City of Saratoga Springs Recreation Concussion Policy**

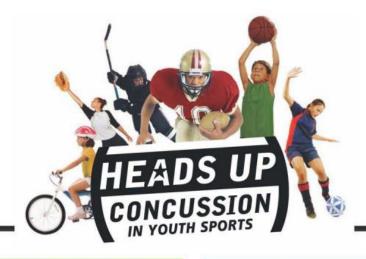
- 1. Before the child under the age of 18 is allowed to participate in any City sports activity, the parent or guardian of the child must read the Concussion Policy and sign a statement that the parent or guardian has read, understands, and agrees to abide by this policy.
- 2. In compliance with Utah Code § 26-53-101 et seq., in any sports activity run by the City of Saratoga Springs Recreation every agent, coach, site supervisor, referee, or employee of the City of Saratoga Springs shall immediately remove a child under the age of 18 from participating in a sporting activity (game or practice) if a child is suspected of sustaining a concussion or a traumatic head injury.<sup>1</sup>
- 3. After removal, the child will be prohibited from participating in any sporting activity until the child is evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion and provides the City with a written statement that:
  - a. The qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and
  - b. The child is cleared to resume participation in the sport activity.
- 4. A child participant, or a parent legal guardian of a child participant, who suspects the child participant may have sustained a head injury or concussion at any time during a game, class, course or season of a sports activity, regardless of location said suspected head injury was sustained, must immediately make it known to a City staff member.
- 5. The City, in its discretion, reserves the right to temporarily or permanently disqualify participants from contact sports or sports with a higher likelihood of head injury who have previously sustained three or more concussions and/or experienced slow recovery.
- 6. City of Saratoga Springs Recreation Staff will NOT be expected to "diagnose" a concussion. Staff includes: Director, Coordinators, Site Supervisors, Officials and Scorekeepers. The Staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions in compliance with CDC concussion standards. Staff will not be asked to give what could be perceived as a medical opinion. If a Staff member observes questionable signs, symptoms, or behavior, the Staff member will notify the coach and the player will be removed from the sporting event.
- 7. Per Utah Code § 26-53-301, this policy does not create a cause of action against the City or any of its employees.

- (a) transient confusion, disorientation, or impaired consciousness;
- (b) dysfunction of memory;
- (c) loss of consciousness; or
- (d) signs of other neurological or neuropsychological dysfunction, including:
  - (i) seizures;
  - (ii) irritability;
  - (iii) lethargy;
  - (iv) vomiting;
  - (v) headache;
  - (vi) dizziness; or
  - (vii) fatigue.



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<sup>&</sup>lt;sup>1</sup> Per UCA 26-53-101, a "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:



## SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

S	IGN	5 0	BS	ER	VED
BY	CO	ACI	HIN	G S	TAFF

Appears dazed or stunned

Is confused about assignment or position

Forgets sports plays

Is unsure of game, score, or opponent

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows behavior or personality changes

Can't recall events prior to hit or fall

Can't recall events after hit or fall

#### SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head

> Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy, foggy, or groggy

Concentration or memory problems

Confusion

Does not "feel right"

### **ACTION PLAN**

If you suspect that a player has a concussion, you should take the following steps:

- 1. Remove athlete from play.
- Ensure athlete is evaluated by an appropriate health care professional.
   Do not try to judge the seriousness of the injury yourself.
- Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
- Allow athlete to return to play only with permission from an appropriate health care professional.

#### **IMPORTANT PHONE NUMBERS**

FILL IN THE NAME AND	NUMBER	OF	YOUR	LOCAL
HOSPITAL(S) BELOW:				

Hospital Name:

Hospital Phone: \_

Hospital Name:

Hospital Phone:

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials free-of-charge, visit: www.cdc.gov/ConcussionInYouthSports

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION





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