

Concussion Policy and Guidelines

The Hopewell Recreation and Parks Department strives to offer a variety of youth sports programs to provide an opportunity for children to maintain healthy and active lifestyles. It is the intention of the Department to provide a safe and fun experience for all participants. The Department has adopted the following policies and guidelines for concussion management to ensure the safety of all players. Please read the following policies carefully.

Coaches

All coaches will be required to complete one of the two following video tutorials on concussion management. These tutorials provide helpful information on how to recognize concussions and what steps to take if a player shows symptoms of a concussion or other head trauma. These tutorials are also recommended for all parents.

Approved Resource 1:

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

Approved Resource 2:

<http://nfhslearn.com/courses/38000>

Return to Play Policy for Coaches and Parents

Any time a player suffers a head injury during practice or a game, the head coach should conduct an evaluation of that player to determine the severity of the injury. Players exhibiting the following symptoms may have suffered a head injury resulting in a concussion:

- Dizziness
- Brief loss of consciousness
- Headache
- Blurred vision
- Nausea or vomiting
- Loss of memory
- Confusion
- Trouble Speaking
- Drowsiness or difficulty keeping eyes open

Players with any of the above listed symptoms will not be permitted to return to play until they have been evaluated by a medical professional. A written consent form from a medical professional must be received by the Recreation and Parks Department before the player will be allowed to return to play.

Parents

Parents should immediately notify a coach of any pre-existing medical condition or concussion history that could make a player more prone to long-term damage from a head injury.

