

Providence City
Protection of Athletes with Head Injuries
Concussion and Head Injury Policy

The purpose of this policy is to provide for the general health, safety, and welfare of participants in certain programs sponsored by Providence City pursuant to Utah Code § 26-53 Protection of Athletes with Head Injuries Act,

Head injuries are much different than injuries to other parts of the body and therefore need to be treated in a different manner. Scientific studies show that brain injuries in children and adolescents take longer to heal than those same injuries in adults. (CDC Head Injury Care and Return to Play Guidelines)

This policy provides guidelines that are to be followed when a participant incurs a head injury.

Section 1. Definitions.

The following words and phrases shall be defined as follows for the purpose of this Policy. Unless specifically defined below, words or phrases used in this Policy shall be interpreted to give them the meaning they have in common usage and to give this Policy its' most reasonable application.

Agent:	A coach, teacher, employee, representative, or volunteer.
Amateur sports organization:	<ol style="list-style-type: none">1. a sports team;2. a public or private school;3. a public or private sports league;4. a public or private sports camp; or5. any other public or private organization that organizes, operates, manages, or sponsors a sporting event for its members, enrollees, or attendees. Amateur sports organization does not include a professional: <ol style="list-style-type: none">1. team;2. league; or3. sporting event.
Child	An individual who is under the age of 18.
City	Providence City
Concussion	A type of traumatic brain injury that changes the way the brain normally works.
Qualified health care provider	A health care provider who: <ol style="list-style-type: none">1. is licensed under Utah Code Title 58, Occupations and Professions; and2. may evaluate and manage a concussion within the health care provider's scope of practice.
Sporting event	Any of the following athletic activities that is organized, operated, managed, or sponsored by an organization: <ol style="list-style-type: none">1. a game;2. a practice;3. a sports camp;4. a physical education class;5. a competition; or6. a tryout. Sporting event does not include the issuance of a lift ticket or pass by a ski resort, the use of the ticket or pass, or a ski or snowboarding class or school at a ski resort, unless the skiing or snowboarding is part of a camp, team, or competition that is organized, managed, or sponsored by the ski resort.
Traumatic head injury	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:

1. transient confusion, disorientation, or impaired consciousness;
2. dysfunction of memory;
3. loss of consciousness; or
4. signs of other neurological or neuropsychological dysfunction, including:
 - a. seizures;
 - b. irritability;
 - c. lethargy;
 - d. vomiting;
 - e. headache;
 - f. dizziness; or
 - g. fatigue.

Section 2. Notice of policy to parent or guardian and agents.

- A. Prior to any participation in the sporting event, each parent or guardian of a child participating in an amateur sports organization sponsored by the City shall:
 1. be provided a copy of this concussion and head injury policy; and
 2. provide the City with a signed statement acknowledging that the parent or guardian has read, understands, and agrees to abide by the concussion and head injury policy; and
 3. be given a copy of the Heads Up Concussion in Youth Sports Parent/Athlete Concussion Information Sheet. This sheet will be signed by the parent/guardian and the child (if the child is old enough to sign their name).
- B. Prior to participation in a sporting event, each agent of an amateur sports organization sponsored by the City shall:
 1. receive training to become familiar with the concussion and head injury policy; and
 2. be given a copy of the concussion and head injury policy; and
 3. Provide the City with a signed statement acknowledging that the agent has read, understands, and agrees to abide by the concussion and head injury policy.

Section 3. Activity in a sporting event may result in concussion or traumatic head injury.

- A. The following athletic activities sponsored by the City are considered sporting events: baseball (including T-ball), softball, kick-ball, soccer, and any other City sponsored activity that is consistent with the definition of sporting events.
- B. These sporting events include activities of the nature and risk that may result in a concussion or a traumatic head injury.
- C. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. (CDC Parent/Athlete Concussion Information Sheet).
 1. Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.
 2. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problem.
- D. A child participating in a City sponsored sporting event that is injured and demonstrates the conditions listed in the traumatic head injury definition will not be allowed to continue to participate in City sponsored sporting event until providing medical clearance as described in Section 4.

- E. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.
1. In addition to the conditions listed in the traumatic head injury definition, if the child displays one or more of the signs of concussion listed below after a bump, blow, or jolt to the head or body, the child will not be allowed to continue to participate in the event until providing medical clearance as described in Section 4.
 - a. Appears dazed or stunned.
 - b. Is confused about assignment or position.
 - c. Forgets an instruction.
 - d. Is unsure of game, score, or opponent.
 - e. Moves clumsily.
 - f. Answers questions slowly.
 - g. Loses consciousness (even briefly)
 - h. Shows mood, behavior, or personality changes.
 - i. Can't recall events prior to hit or fall.
 - j. Can't recall events after hit or fall.
 2. In addition to the conditions listed in the traumatic head injury definition, if the child reports having one or more of the symptoms of concussion listed below after a bump, blow, or jolt to the head or body, the child will not be allowed to continue to participate in City sponsored sporting event until providing medical clearance as described in Section 4.
 - a. Headache or "pressure" in head.
 - b. Nausea or vomiting.
 - c. Balance problems or dizziness.
 - d. Double or blurry vision.
 - e. Sensitivity to light.
 - f. Sensitivity to noise.
 - g. Feeling sluggish, hazy, foggy, or groggy.
 - h. Concentration or memory problems.
 - i. Confusion.
 - j. Just not "feeling right" or "feeling down."
- F. A child participating in a City sponsored sporting event that is injured and demonstrates any of the following danger signs should receive immediate medical attention.
- One pupil larger than the other.
 - Is drowsy or cannot be awakened.
 - A headache that not only does not diminish, but get worse.
 - Weakness, numbness, or decreased coordination.
 - Repeated vomiting or nausea.
 - Slurred speech.
 - Convulsions or seizures.
 - Cannot recognize people or places.
 - Becomes increasingly confused, restless, or agitated.
 - Has unusual behavior.
 - Loses consciousness (even a brief loss of consciousness should be taken seriously).
1. If the parent/guardian is not immediately available, the agent will decide if 911 should be called.
 - a. The agent will make sure the parent/guardian is contacted and informed of their child's condition.
 - b. The child is not to be left alone following the injury.
 - c. The agent will notify the Recreation Director and/or the City Administrator.
 2. The child will not be allowed to participate in any City sponsored sporting event until providing medical clearance as described in Section 4.

Section 4. Medical Clearance; Removal of child suspected of sustaining concussion or a traumatic head injury -- Medical clearance required before return to participation.

- A. An amateur sports organization, and each agent of the amateur sports organization, shall:
1. immediately remove a child from participating in a sporting event of the amateur sports organization if the child is suspected of sustaining a concussion or a traumatic head injury; and
 2. prohibit the child from participating in a sporting event of the amateur sports organization until the child:
 - a. is evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion; and
 - b. provides the amateur sports organization with a written statement from the qualified health care provider stating that:
 - i. 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
 - ii. the child is cleared to resume participation in the sporting event of the amateur sports organization.

Parent/Guardian Acknowledgement

I, the parent/guardian of _____, hereby acknowledge that I have
(Print Participating Child's Name)
read, understand, and agree to abide by the concussion and head injury policy.

By: _____
(Print Parent/Guardian Name)

Signed: _____
(Parent/Guardian Signature)

Date: _____

Agent Acknowledgement

I, _____, hereby acknowledge that I have
(Agent Printed Name)
read, understand, and agree to abide by the concussion and head injury policy.

Signed: _____
(Agent Signature)

Date: _____