

BreakOut Athlete/ Connecticut Speed School (the School}

Concussion Awareness Policy and Procedures

PURPOSE: To educate youth athletes and their parents on the dangers of concussions in youth athletic activities. The School is referring everyone to the “Heads Up – Concussion in Youth Sports” program offered by the CDC. The following is a link to the program:

http://www.cdc.gov/concussion/HeadsUp/online_training.html. The intent of the Concussion Awareness Policy and Procedure is to reduce the potentially serious health risk associated with sports- and activity-induced concussions and head injuries.

POLICY STATEMENT: It is the policy of the School to educate coaches, referees, employees, instructors of at-risk activities, trainers, parents, and participants of the signs, symptoms and behaviors consistent with sports- and activity-induced concussions. Further, the School requires that any participant, under the age of 18, suspected of a concussion or head injury must be removed from the activity and it is recommended that the participant be examined by a licensed health care provider. If a participant is deemed by a licensed health care provider to have sustained a concussion, the School personnel or other designated personnel (coaches, referees, instructors of at-risk activities, trainers, and parents) shall not permit the participant to return to play until he or she receives documented clearance from a licensed health care provider for a full or graduated return to play.

GUIDELINES AND PROCEDURES: 1. Distribution of Policy A. All persons (i.e. coaches, referees, employees, instructors, trainers, parents, and participants) associated with at-risk activities should become familiar with and have access to a copy of the School’s Concussion Awareness Policy and Procedures. B. All persons are strongly encouraged to view the “Heads Up: Concussion in Youth Sports” online course from the Center for Disease Control. This online course can be found at the following link: http://www.cdc.gov/concussion/HeadsUp/onlin_training.html C. Employees will take the “Heads Up: Concussion in Youth Sports” online course. D. The Department will provide concussion educational information to all coaches, referees, trainers, and instructors of at-risk activities. E. The Connecticut Speed School will provide concussion educational information to all youth athletes and their parent/legal guardian. The parent/legal guardian must sign an online acknowledgement of receipt. 2. Suspected Concussion Procedures A. Any participant exhibiting the signs, symptoms, or behaviors associated with a concussion or head injury: i. Must be immediately removed from the activity; and ii. May not again participate in any activity until cleared by an appropriate health care professional. Remember: WHEN IN DOUBT SIT THEM OUT! B. The injured participant may NOT be cleared for practice or competition the same day that the sign, symptom or behavior associated with a concussion or head injury was observed. C. The injured participant’s parent or legal guardian should be immediately notified of the suspected concussion or head injury so that they can be evaluated by an appropriate health care professional or licensed health care provider. D. An Accident/Incident Report must be submitted to the School within 24 hours or on the next business day following the incident. The School requires that any participant, under the age of 18, suspected of a concussion or head injury must be removed from the activity and it is recommended that the participant be examined by a licensed health care provider. If a participant is deemed by a licensed health care provider to have sustained a concussion, the School

personnel or other designated personnel (coaches, referees, instructors of at-risk activities, trainers, and parents) shall not permit the participant to return to play until he or she receives documented clearance from a licensed health care provider for a full or graduated return to play. Participants will not be allowed to participate until this document is produced. As used in this policy, a “licensed health care provider” is defined as a licensed physician or another licensed individual under a physician’s supervision, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management. The Concussion Awareness Policy and Procedures are not intended to create any liability for, or create a cause of action against the School, or their officers, employees, volunteers or other designated individuals for any act or omission to act related to the removal or non-removal of a participant from a School activity.

DEFINITION: A concussion is a type of brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion.

SIGNS OBSERVED BY OTHERS: • Appears dazed or stunned • Is confused about assignment • Forgets plays or moves • Is unsure of game, score, opponent, or class • Moves clumsily • Answers questions slowly • Loses consciousness • Shows behavior or personality changes • Cannot recall events prior to injury • Cannot recall events after injury

SYMPTOMS REPORTED BY PARTICIPANT: • 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