

## **YMCA of San Diego County Concussion Compliance Protocol**

Youth sports organizations, like the YMCA, must comply with state mandated “youth sports concussion protocols”. The YMCA will comply with the state requirements stated below in accordance with the practices and procedures set forth for each requirement.

### **Registration of youth programs and information process for parents and youth participants**

Upon registering for a YMCA youth program, staff shall provide concussion and head injury information sheet to all YMCA youth participants and members (“athletes”), their parents, YMCA youth program coaches and administrators<sup>1</sup>.

The information sheet covers the following:

- a. Head injuries and their potential consequences.
- b. Signs and symptoms of a concussion.
- c. Best practices for removing an athlete after a suspected concussion.
- d. Steps for returning an athlete after a concussion of head injury.

After the initial distribution of Concussion Information Sheets, before any athlete can start the season and begin practice in a sport, a Concussion Information Sheet must be signed and returned to the YMCA by the athlete **and** the parent/guardian. See attachment 1- [YMCA Concussion Information Sheet](#). Additional Concussion and Head Injury information can be accessed here and online at YMCA.org.

#### **For Youth Athletes**

[Fact Sheet for Youth Athletes ages 11-13](#)

[Fact Sheet for Youth Athletes ages 14-18](#)

#### **For Parents**

[Fact Sheet for Youth Sports Parents](#)

[Concussion Card for Parents](#)

Parents and athletes should review and understand the return to play requirements.

### **Training and Education for Coaches and Administrators**

The YMCA will provide concussion/head injury education and training to youth coaches and administrators, before being allowed to supervise an athlete.

#### **Education**

YMCA youth program coaches and administrators shall receive written materials and annual training regarding concussions and head injuries before supervising athletes in any sports activity.

The written materials shall be provided to YMCA youth program coaches and administrators, prior to the supervision of a youth program, and include information about concussions and head injuries.

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<sup>1</sup> For purposes of this document “coaches and administrators” is defined as both employees and volunteers who perform duties within this capacity.

## [Fact Sheet for Youth Sports Coaches](#)

### [Signs & Symptoms – Action Plan](#)

#### **Training**

An acceptable online training course may be accessed [here](#). There is no cost to register or receive this training. A certificate of completion must be sent to the supervising manager of the program.

#### **Procedures for athletes suspected/diagnosed with a concussion/head injury**

Athletes who have a suspected concussion during a practice or game must be removed from the activity immediately and may not return to that program for the remainder of the day.

Parents/guardians must be notified of time/date of the injury, symptoms observed and any treatment provided to the athlete. See attachment 2- [YMCA Acute Concussion Notification Form for Parents/Guardians](#)

An athlete removed because of a suspected concussion must receive written clearance from a medical doctor trained in the management of concussions before returning to the YMCA.

Athletes should consult with their medical professional before returning to any sports or physical activities. A return to play to full competition must be completed no sooner than 7 days after the concussion diagnosis has been made by a licensed healthcare provider.

**Before returning to competition in a YMCA athletic program, the concussion symptoms should be completely gone and the athlete must provide a written medical clearance from a licensed healthcare provider trained in the evaluation and management of concussions.**

Attachment 1  
**YMCA Concussion Information Sheet**

**Why am I getting this information sheet?**

You are receiving this information sheet about concussions because of California state law Assembly Bill No. 2007.

1. *The law requires athletes participating in youth sports organizations, who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
3. *Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the organization by the athlete and the parent or guardian.*

Every year all coaches and their administrators are required to receive training about concussions.

**What is a concussion and how would I recognize one?**

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

*Most concussions get better with rest and over 90% of athletes fully recover.* However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

*Most concussions occur without being knocked out.* Signs and symptoms of concussion may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.

**What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?**

*Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion.* Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

**Signs observed by teammates, parents and coaches include:**

<ul style="list-style-type: none"><li>• Looks dizzy</li><li>• Looks spaced out</li><li>• Confused about plays</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or awkwardly</li><li>• Answers questions slowly</li></ul>	<ul style="list-style-type: none"><li>• Slurred speech</li><li>• Shows a change in personality or way of</li><li>• Can't recall events before or after the injury</li><li>• Seizures or has a fit</li><li>• Any change in typical behavior or</li><li>• personality</li></ul>
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**Symptoms may include one or more of the following:**

<ul style="list-style-type: none"><li>• Headaches</li><li>• "Pressure in head"</li><li>• Nausea or throws up</li><li>• Neck pain</li><li>• Has trouble standing or walking</li><li>• Blurred, double, or</li><li>• fuzzy vision</li><li>• Bothered by light or</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>• Loss of memory</li><li>• "Don't feel right"</li><li>• Tired or low energy</li><li>• Sadness</li><li>• Nervousness or feeling on edge</li><li>• Irritability</li><li>• More emotional</li><li>• Confused</li><li>• Concentration or memory problems</li><li>• Repeating the same question/comment</li></ul>
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**How is Return to Play (RTP) determined?**

Concussion symptoms should be completely gone before returning to competition. RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer or coach, For your reference, a Return to Play plan is available at the YMCA office or online at YMCA.org. RTP for full competition must be no sooner than 7 days after the concussion diagnosis has been made by a physician.

**Final Thoughts for Parents and Guardians:**

*It is well known that youth athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them.* Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

For current and up-to-date information on concussions you can visit:

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

I acknowledge that I have received and read the YMCA Concussion Information Sheet.

\_\_\_\_\_  
Student-Athlete Name  
Printed

\_\_\_\_\_  
Student-Athlete  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian  
Printed

\_\_\_\_\_  
Parent or Legal Guardian  
Signature

\_\_\_\_\_  
Date

Attachment 2

**YMCA Concussion Notification Form for Parents/Guardians**

**PARENT'S NAME:** \_\_\_\_\_ **ATHLETE'S NAME:** \_\_\_\_\_

**FACILITY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

***Signs and symptoms exhibited include (check all that apply):***

<input type="checkbox"/> Headache	<input type="checkbox"/> Can't recognize people or places
<input type="checkbox"/> Seizure (uncontrolled jerking of arms/legs)	<input type="checkbox"/> Looks very drowsy/Can't be awakened
<input type="checkbox"/> Weakness or numbness of arms/legs	<input type="checkbox"/> Increased confusion and/or irritability
<input type="checkbox"/> Repeated vomiting	<input type="checkbox"/> Unusual behavior
<input type="checkbox"/> Loss of consciousness	<input type="checkbox"/> Slurred speech
<input type="checkbox"/> Lack of balance/unsteadiness on feet	<input type="checkbox"/> Drainage of blood/fluid from ears or nose
<input type="checkbox"/> Changes in vision (double, blurry vision)	<input type="checkbox"/> Loss of bowel and/or bladder control
Other signs and symptoms:	

**TREATMENT PROVIDED:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have read and reviewed the information provided by the YMCA. I understand that my child will need medical clearance prior to returning to the YMCA.

Date: \_\_\_\_\_

Athlete's name: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Once reviewed and signed by the parents, cut the top portion and give this information to the parent. The signed section remains with the YMCA. Attach the signed section to a completed incident report.

