

Grant CBS Concussion, Injury, and Illness Policy

At GCBS, we take the health of our participants very seriously. Coaches will be required to complete a concussion awareness and management course prior to their first season coaching. We have adopted the following Policy and ask that you take the time to read thoroughly, as all parents, volunteers and spectators are responsible for helping us keep our participants safe. Although we require that all players wear protective helmets and facemasks, injuries can still occur.

Recognizing a Concussion:

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt.

Monitor for:

Nausea, vomiting, forgetfulness, balance problems or dizziness, headache or head pressure, clumsiness, appearance of grogginess or confusion, and behavior changes.

If a concussion is suspected, the player must be removed immediately from the game and sat with and monitored by their parent or a concussion trained adult. If any of the above symptoms occur, the child should be taken to their doctor as soon as possible for an evaluation and a doctor's note will be required for the child to return to future play. If a concussion is suspected but no symptoms are seen at the time of the injury, the player must be re-evaluated between each inning for the remainder of the game. The player will NOT return to the play for the day.

Emergency action:

If ANY of the below symptoms occur, OR if the child loses consciousness for ANY amount of time, the child will be REQUIRED to be transported immediately, by parent or ambulance, to the nearest hospital.

Look for: One pupil larger than the other, marked sleepiness or the inability to wake up, inability to recall events or information prior to or after the injury, a severe headache, slurred speech, lack of coordination, repeated vomiting, convulsions, extreme confusion, or agitation.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If your child's concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

Any player that has sustained a concussion will be required to be symptom free for a full 7 days and will need to provide a doctor's note to return to play. No exceptions.

*Parents will also be required to sign a concussion awareness form after the injury and prior to returning to play.

Return to Play after a Concussion:

- **Step 1:** No activity, complete physical and cognitive rest. The objective of this step is recovery. 1 week without symptoms (7 full days).
Step 2: Light aerobic exercise, which includes walking, swimming or stationary cycling, keeping the intensity < 70% maximum percentage heart rate; no resistance training. The objective of this step is increased heart rate.
Step 3: Sport-specific exercise including skating, and/or running drills; no head impact activities. The objective of this step is to add movement.
Step 4: Non-contact training drills involving progression to more complex training drills (e.g. passing drills). The student-athlete may initiate progressive resistance training.
Step 5: Following medical clearance, participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by the coaching staff.
Step 6: Return to play involving normal exertion or game activity. Student must be cleared by physician before returning to play.
 - o If ANY symptoms return, the student athlete is referred back to their physician for further evaluation.
 - o If concussion symptoms reoccur during the graduated return-to-play exercise protocol, the student-athlete will return to the previous level of activity that caused no symptoms and then advance as tolerated.
 - o Please note, the physician must have received training in the evaluation and management of concussions. (N.J.S.A. 18A:40-41, 4)

Return to Play after an Illness or Injury:

Any player with an illness that requires them to miss more than 3 consecutive days of school or play, or that has had surgery, stitches, a broken bone, or another serious medical issue will require a doctor's note of clearance prior to returning to play. Any player with a fever, vomiting, or symptoms of exhaustion should be kept home until they are well and fever free for 24 hours.

Important information:

- <http://www.cdc.gov/HeadsUp/index.html>
- https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf
- <https://www.cdc.gov/headsup/pdfs/policy/HeadsUpOnConcussionInSportsPolicies-a.pdf>

GCBS Parent Concussion Awareness and Responsibility Statement

I have read and understand the Policy and information provided. _____

I have a doctor's note clearing my child to resume play. _____

My child reports no symptoms and has been symptom free for 7 full days. _____

I'll monitor my child for returning/worsening symptoms and follow up with his/her doctor. _____

My child has been medically cleared by his/her doctor to return to play with no restrictions. _____

Player's Full Name

Parent Full Name

Parent Signature

Date