

Subject: Liberty Hill Youth League Concussion Policy

1. References:
 - a. CDC Managing Return to Activities:
https://www.cdc.gov/headsup/providers/return_to_activities.html
 - b. Texas Coaches Concussion Training:
<https://www.texashealth.org/health-and-wellness/sports-medicine/texas-coaches-concussion-training>
2. Introduction: The safety of our players is of the utmost importance at Liberty Hill Youth League. In order to protect players from potential concussions and other head injuries, the following policy has been established.
3. Policy: If a concussion is suspected during any Liberty Hill Youth League activity, the player must be immediately removed from the activity by a coach, physician, licensed healthcare provider, or parent/guardian. The player may not return to play until evaluated by a medical professional, and the player has completed return-to-play protocols, including obtaining written clearance from the medical provider and obtaining a signed consent form from the parent/guardian allowing them to return to play. Coaches are not authorized to authorize a player's return to play.
4. Reporting: All suspected concussions must be reported to the LHYL Director of Operations thru the appropriate commissioner as soon as possible but not later than 24 hours after the incident. This will allow for proper protocol to be followed and necessary steps to be taken to protect the player.
5. Training: All coaches participating in Liberty Hill Youth League events and activities are required to complete the "Heads up to Youth Sports: Online Training for Coaches" provided by the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/headsup. This training must be refreshed every 2 years to ensure that coaches have the most current information and practices related to concussions and head injuries.
6. Education: Parents, players, and coaches are encouraged to educate themselves on the signs and symptoms of concussions and the importance of proper protocol for suspected concussions. Resources for learning about concussions can be found on the CDC's website or other reputable sources of information. Information to help protect players from concussion or other serious brain injury are also provided during the player registration process.

7. Prevention: The importance of safe practices, such as wearing appropriate protective gear and avoiding dangerous activities is emphasized in order to reduce the risk of concussions and other head injuries.

8. Documentation: All concussions, suspected or confirmed, must be documented and kept on file by the league. This documentation will be used to track incidents and monitor the league's performance in preventing and managing concussions.

9. 6 Step Return to Play Protocol: It is important for an athlete's parent(s) and coach(es) to watch for concussion symptoms after each day's return to play progression activity. An athlete should only move to the next step if they do not have any new symptoms at the current step. If an athlete's symptoms come back or if he or she gets new symptoms, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's medical provider should be contacted. After more rest and no concussion symptoms, the athlete can start at the previous step.

- a. Step 1: Back to regular activities (such as school): Athlete is back to their regular activities (such as school).
- b. Step 2: Light aerobic activity: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.
- c. Step 3: Moderate activity: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).
- d. Step 4: Heavy, non-contact activity: Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
- e. Step 5: Practice & full contact: Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.
- f. Step 6: Competition: Young athlete may return to competition.

10. Consequences: Liberty Hill Youth League takes the implementation of this policy seriously. Any coach, parent, or player found in violation of this policy may face a one-year suspension from Liberty Hill Youth League events and activities. Repeat violations may result in a lifetime ban from participating in any Liberty Hill Youth League events or activities.

11. Conclusion: Liberty Hill Youth League is committed to the health and safety of all players participating in our events and activities. This concussion policy is designed to protect players from potential head injuries and ensure that they receive proper evaluation and treatment if a concussion is suspected. By following this policy, we hope to create a safe and enjoyable environment for all players.