



CITY OF PLANTATION PARKS & RECREATION

-CONCUSSION PROTOCOL-

PURPOSE

The following protocol and procedures are being implemented by the City of Plantation Parks & Recreation Department with the intent to reduce the potentially serious health risk associated with sports related concussions and head injuries.

PROTOCOL

It is the protocol of the City of Plantation Parks & Recreation Department to education coaches, instructors, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants under the age of 18, suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play.

DEFINITION

A concussion is a type of traumatic 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.

SYMPTOMS REPORT BY CHILD/TEEN	SIGNS OBSERVED BY ADULT
<ul style="list-style-type: none"> • Headache • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not “feeling right” or is “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent • Move clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, personality changes • Cannot recall events prior to or after hit or fall

PROCEDURE

1. Distribution of Protocol
 - a. Parents, coaches, assistance coaches, and instructors associated with a sports program or activity should become familiar with and have access to a copy of the City of Plantation Parks & Recreation's Concussion Protocol and access to the Center for Disease Control (CDC) concussion information sheet.

- b. Parents, coaches, assistant coaches, and instructors are strongly encouraged to view the “Heads Up: Concussion in Youth Sports” online course from the CDC. Parents, coaches, and instructors will be provided a website link to access the training.
<https://www.cdc.gov/heads-up/training/youth-sports.html>
2. Suspected Concussion Procedures
 - a. Any participant exhibiting the signs, symptoms, or behaviors associated with a concussion or head injury: (1) must be immediately removed from the activity and (2) 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 the concussion or head injury was observed.
 - c. The injured participants’ parent or legal guardian should be immediately notified of the suspected concussion or head injury so that the participant can be evaluated by an appropriate health care professional.
 - d. Coaches need to fill out an injury report if the child is suspected of having a concussion at a practice or game and contact the Supervisor of Athletics as soon as possible (within 24 hours).
 - e. The parent or legal guardian of a participant who is suspected of a concussion or head injury must submit written medical clearance from an appropriate health care professional to the City of Plantation Parks & Recreation Supervisor of Athletics, prior to returning to any activity. Players will not be allowed to participate until this document is produced.

NOTE: This protocol is applicable only to City of Plantation Parks & Recreation programs and leagues. The City is not responsible for implementing any concussion or head injury protocol for independent teams, leagues, organizations, or associations that utilize City fields or facilities. Recreation and Travel sport programs contracted with the City of Plantation Parks & Recreation Department shall utilize this protocol unless a similar or more details Concussion Protocol is approved by the City of Plantation Parks & Recreation Department’s Supervisor of Athletics