

SALT LAKE COUNTY PARKS AND RECREATION DIVISION
POLICY AND PROCEDURE
ON
CONCUSSION AND HEAD INJURY

PURPOSE

Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries, the following policy and procedures are being implemented as of June 1, 2011, by Salt Lake County Parks and Recreation ("County"), with the intent to provide conscientious and safe athletic events at County programs. Concussions pose a serious risk to participants of all recreational sporting activities.

POLICY

It is policy of Salt Lake County Parks and Recreation Division to inform coaches, referees, site supervisors, parents and athletes of the signs, symptoms or behaviors consistent with sports induced concussions and the County's requirement that athletes, under the age of 18, suspected of a head injury or concussion are required to seek medical attention and procedures for return to play.

PROCEDURE

Beginning July 1 2011, the new policy requires that:

- 1.0 Distribution of Policy & Collection of Consent
 - 1.1 A copy of this Head Injury Policy shall be provided to each parent or legal guardian of a minor registered in a County "Sporting Event" to include a game, a practice, a sports camp, a physical education class, leagues, tournaments, tryouts or competitions. Sporting Event does not include drop-in programs, such as open swim or gym and summer day camp programs and therefore will not require distribution of the policy or a signed consent form.
 - 1.2 Coaches, Site Supervisors, Score Keepers and all agents of County represented at each sporting activity are familiar with and have a copy of the County Concussion and Head Injury Policy.
 - 1.3 A "Salt Lake County Parks and Recreation Concussion and Head Injury Release Form" must be signed by the parent or guardian of all registered athletes under the age of 18, prior to the athlete's participation in a Sporting Event.
- 2.0 Suspected Concussion Procedure
 - 2.1 An athlete who is suspected of sustaining a concussion or head injury must be removed from play - "when in doubt, sit them out". The County agent who removes the player will complete a head injury report and submit the report to the merit employee responsible for that program within 24 hours or on the next business day following the accident.
 - 2.2 An athlete who has been removed from play **must receive written clearance from a licensed health care provider stating that the athlete has been evaluated by a**

qualified health care provider, licensed under Utah Code Ann, Title 58, who is trained in the evaluation and management of a concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the County sporting program or event, prior to returning to play.

- 2.3 The County agent will note on the game, lesson or group roster which player was removed due to head injury. The County agent will complete a head injury report and advise the coach the player has been pulled and will require written release before being allowed to participate in any further games or practices. What if coach is Agent? Does anything change?
- 2.4 The Program Coordinator will contact the parent or legal guardian to inform them that the player will need a written release before being allowed to play in future games or practices. The date and time and name of parent or guardian contacted will be noted on the head injury report by the merit staff at the time of contact.
- 2.5 A note will be made in the participant's personal file in the registration data base indicating the date they were removed from participation due to a suspected head injury.
- 2.6 The head injury report will be attached to the accident report form and submitted to Parks and Recreation Administration within 24 hours or the following business day. The written release from an approved health care provider, meeting the above criteria, will also be attached to the registration form and kept at the facility.
- 2.7 Once all needed paperwork is obtained, the Salt Lake County employee responsible for the sporting activity in which the player was injured will make a note on the team roster and the participant's personal file in the registration data base indicating that the player is cleared to participate.

DEFINITIONS / SYMPTOMS & FAILURE TO RESPOND

- 3.0 Definition of a Concussion
 - 3.1 A concussion is a brain injury that:
 - 3.1.1 Is caused by a bump or blow to the head.
 - 3.1.2 Can change the way your brain normally works.
 - 3.1.3 Can occur during practices or games in any sport.
 - 3.1.4 Can happen even if you haven't been knocked out.
 - 3.1.5 Can be serious even if you've just been "dinged".
- 4.0 Symptoms of a Concussion
 - 4.1 Headache or "pressure" in head
 - 4.2 Nausea or vomiting
 - 4.3 Balance problems or dizziness
 - 4.4** Double or blurry vision
 - 4.5 Bothered by light
 - 4.6 Bothered by noise
 - 4.7 Feeling sluggish, hazy, foggy, or groggy
 - 4.8 Difficulty paying attention

- 4.9 Memory problems
- 4.10 Transient confusion, disorientation or impaired consciousness
- 4.11 Loss of consciousness;

5.0 Signs of other neurological or neuropsychological dysfunction including:

- 5.1 Seizures;
- 5.2 Irritability;
- 5.3 Lethargy;
- 5.4 Vomiting;
- 5.5 Headache;
- 5.6 Dizziness; or
- 5.7 Fatigue.
- 5.8 Does not "feel right"

6.0 Failure to Respond

6.1 What if my child/player continues playing with a concussion or returns too soon?


6.1.1 Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

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

<http://www.cdc.gov/concussion/sports>

APPROVED AND PASSED THIS _____ DAY OF _____ 2011.

COMMUNITY SERVICES DEPARTMENT

By 
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APPROVED BY:


Michele Nekota, Division Director
Parks and Recreation Division
Salt Lake County

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APPROVED AS TO FORM
Salt Lake County District Attorney's Office
By Duffy Di orney
Date _____