



Operational Risk Report

January 11, 2017

Reports of Occurrence

15 ROO submitted to me from Middle of November 2016 through present. Most notable was submitted by CATS for swimmer who suffered Cardiac Arrest.

Yearly (2016) Summary

146 reports filled with USA Swimming in 2016.

The majority of reports were for injuries at practice and at meets. Many of the practice injuries were backstroke related (swimmers hitting head on wall at finish, swimmers running into each other).

When accidents happen, where accidents happen, affected body part and member type graph attached.

Concussion Education

Thank you to Pam for helping get the Operational Risk page on Illinois Swimming updated with Concussion Protocols.

Below is information regarding concussions from George Ward and Operational Risk Committee at USA Swimming:

In order to comply with the Illinois Concussion Act we would recommend:

1. Clubs should distribute the Concussion Information Sheet to athletes, parents and guardians annually. Electronic Distribution is ok.
2. Illinois Swimming should send the Concussion Information Sheet and Pool Checklist to officials and coaches annually.
3. Illinois Swimming should post the attached three documents on their website.
4. The concussion information sheet and pool checklist should be in the coach packets at meets.

5. USA Swimming is sending the Concussion Information Sheet whenever a head strike report of occurrence is received, regardless of diagnosis, along with Mutual of Omaha Claim Form.

6. A member athlete who suffers a concussion needs to be cleared to return to the pool by a qualified health care professional – club should get a doctor's note.

While we don't have many concussions we do get some head strikes. Therefore, it will be good to implement in line with Illinois' new law.

At some time in the future we might consider adding the CDC or other concussion training courses as a mandatory training requirement. It will likely require some additional discussion with club development, the board of directors, as well as the LSC. Those coaches that also coach high school will likely have taken the CDC or National Federation of State High School Association course.

It appears the school districts are required to obtain a form releasing the athlete to return to play. I don't believe that is part of the Youth Sports League requirements. However, our information sheet does require an athlete with a concussion to be cleared to return to swimming.

Respectfully Submitted,

Melissa Healy

Operational Risk Chair

The vision of Illinois Swimming is to inspire excellence through innovation and leadership.

The mission of Illinois Swimming is to offer our members programs which promote swimming and achieve excellence through education, innovation and committed leadership.

Concussion Information Sheet for Parents & Swimmers

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location or name of meet
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes – irritability, sadness, nervousness, emotional
- Can’t recall events before or after incident

Symptoms Reported by Athlete

- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Trouble falling asleep
- Sleeping more or less than usual

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No athlete should return to activity on the same day he/she gets a concussion
- No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms
- Parents and coaches should never pressure any athlete to return to play

The Dangers of Returning Too Soon

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.

2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

Resources:

Insurance - USA Swimming provides an excess accident medical insurance policy through Mutual of Omaha for USA Swimming members while participating or volunteering in a USA Swimming sponsored or sanctioned event. Details of the insurance coverage are on the USA Swimming website under Insurance and Risk Management.

Centers for Disease Control and Prevention - www.cdc.gov/Concussion

Zurich Concussion Conference (2012) - Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012.
<http://bjsm.bmj.com/content/47/5/250.full>

ODH Violence and Injury Prevention Program - www.healthyohioprogram.org/concussion

National Federation of State High School Associations - www.nfhs.org – Index concussions and see “A parent’s guide to concussion in sports”.



POSSIBLE CONCUSSION AT THE POOL

1. SIGNS AND SYMPTOMS

- Nausea
- Vomiting
- Headache
- Dizziness
- Blurry Vision
- Balance Problem
- Amnesia
- Loss of Consciousness

2. NEEDS IMMEDIATE MEDICAL ATTENTION

- Unconscious: Not waking up
Not able to talk
- Seizure
- Was awake, now is not
- Slow to talk
- Confused
- Not breathing well



WATCH FOR AIRWAY PROBLEMS
IMMOBILIZE NECK

3. DO YOU SEND FOR MEDICAL EVALUATION? YES IF:

- Person was "knocked out"
- They don't know their name
- They have vomited
- They feel like they might throw up
- They have a severe headache
- They can't walk straight
- They just want to take a nap and its 10 am
- They don't remember if they did warm ups or not and its midway through the session
- They don't remember the name of their school
- They don't remember their name
- They don't remember what team they are on
- They have trouble with their vision- hold up 3 fingers and ask the person how many they see

4. QUESTIONS TO ASK

- Ask about their headache- is it an “owie” in one place (normal) OR does their head hurt all over, worst headache of their life
- Ask if the sun or bright light bothers them
- Ask if they feel like they might throw up.
- They should want to eat (unless they just ate)
- They should walk normally
- They should answer questions clearly and fast

5. RE-EVALUATION

If the swimmer or injured person stays at the pool:

- Have the coach report back to you on the swimmer’s condition
 - Hourly for a few hours
- If the person is an adult or driving teenager- find out who else may be with them:
 - Be sure another reliable adult can assist and observe
 - The injured person should not drive
 - Have them check back with you hourly

OR

- You check back on the injured person hourly

People with a concussion may not be able to make the best decision regarding their own healthcare. Their judgement may not be the best. Concussion symptoms can be subtle, variable, and may not show up until hours after the initial injury.

The Meet Ref or Swim Coach should require the athlete with a possible concussion/head injury be evaluated by a healthcare provider who is experienced in treating concussions, prior to returning to competition or practice. If there is any suspicion of head injury with or without the listed symptoms, the athlete should be referred for follow up with a healthcare provider (experienced in treating concussions). State Law may require this evaluation as well.

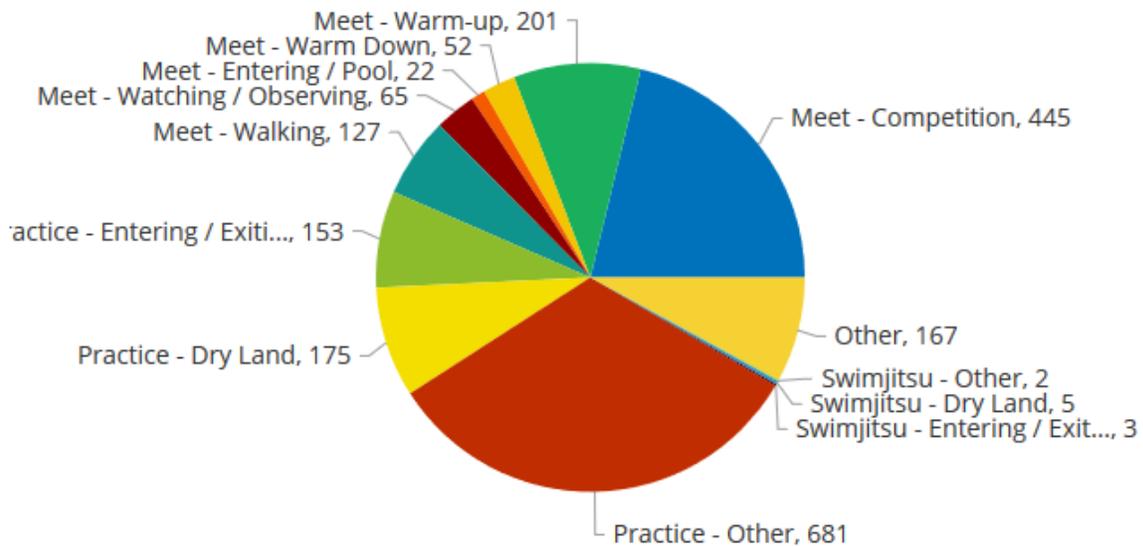
The athlete must also present a release to return to swimming competition or practice that has been signed by the healthcare provider.

WE ONLY HAVE ONE BRAIN. TREAT IT WELL

USA Swimming 2016 Annual Accident Summary

WHEN ACCIDENTS HAPPEN

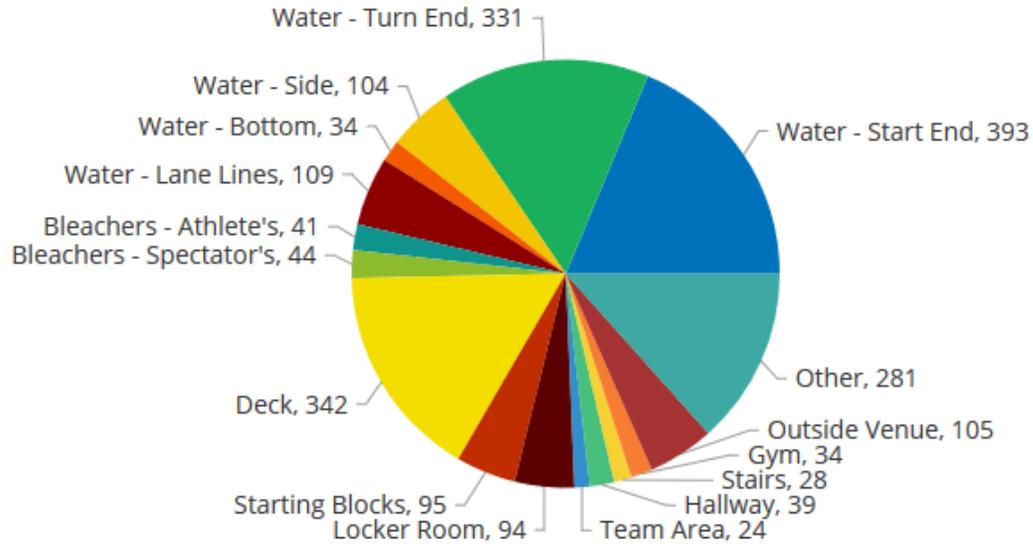
Activity at Time of Injury



2098 responses in 2098 results

WHERE ACCIDENTS HAPPEN

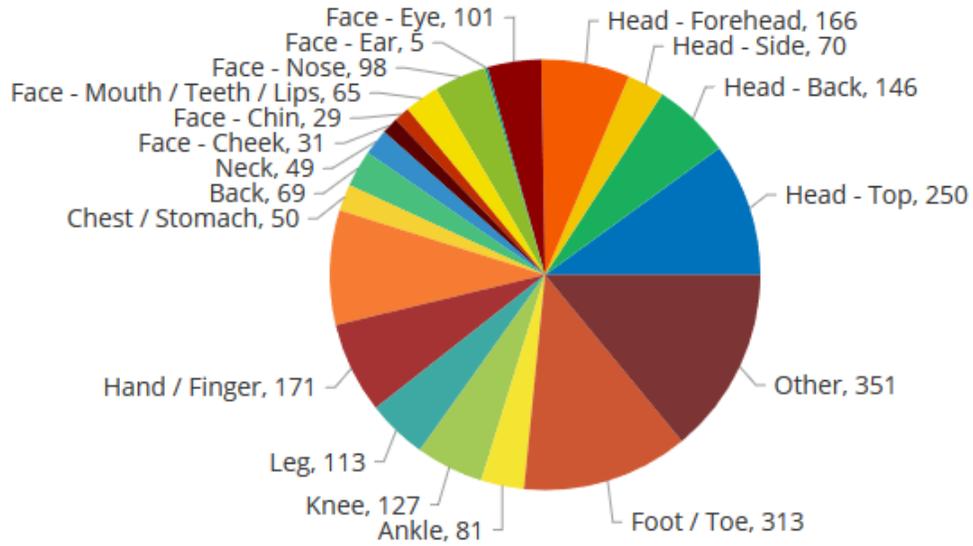
Where Accident Occurred



2098 responses in 2098 results

AFFECTED BODY PART

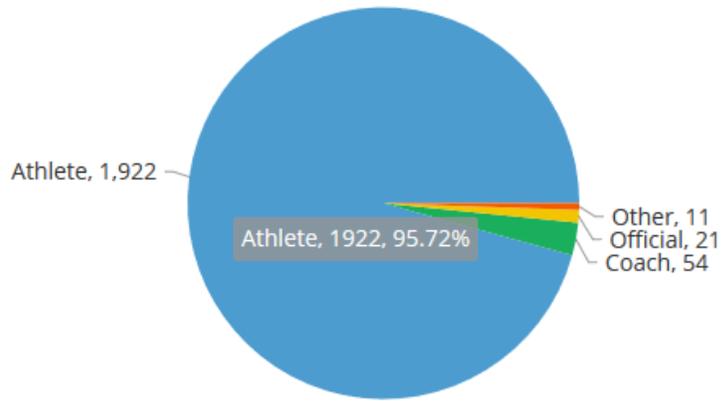
Body Part Injured



2500 responses in 2098 results

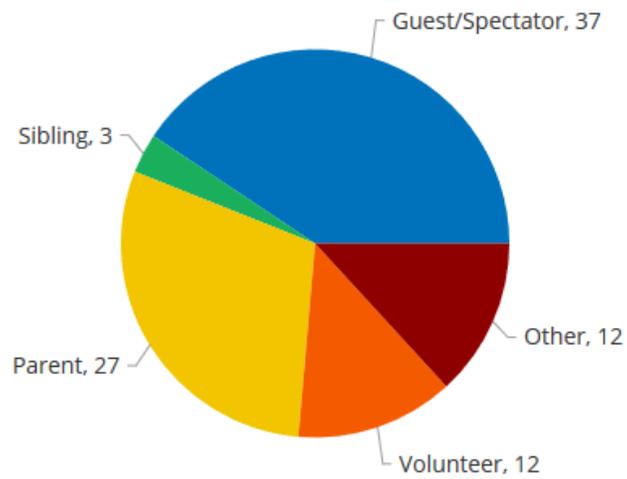
MEMBER/NON-MEMBER TYPE

Membership Type



2008 responses in 2098 results

Non-Member Type



91 responses in 2098 results