



Concussion Management Plan

Do you have an athlete with a witnessed or suspected bump or blow to the head or body?

Recognize, Remove, Refer, Report then follow **Return to Swim Procedures**

Recognize

RECOGNIZE Concussion

What is a concussion? A concussion is a type of traumatic head injury that interferes with the normal function of the brain. Concussions can range from mild to severe.

How does it occur? Although it most commonly occurs after a direct bump or blow to the head, it can occur after a bump or blow elsewhere that is transmitted to the head. What may appear to be only a mild jolt, bump or blow to the head or body can result in a concussion. It can occur even if a person does not lose consciousness.

Signs (Observed by Others)

- 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
- Feels sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Trouble falling asleep
- Sleeping more or less than usual

These signs and symptoms following a witnessed or suspected bump or blow to the head or body are indicative of a probable concussion. Symptoms can develop right away or up to 48 hours after the injury. Because ignoring any signs or symptoms of concussion puts the athlete's health at risk, **it will be assumed that an athlete could have suffered a concussion if any of the signs or symptoms listed above are observed or self-reported by the athlete after receiving a witnessed or suspected bump or blow to the head or body.**

Remove

REMOVE from Activity

Any athlete suspected of suffering a concussion or traumatic head injury during a sporting event shall be immediately removed from the sporting event and shall not return to swim until cleared by an appropriate Health Care Provider. No athlete should return to activity the same day as the injury.

Removal is required because returning to swim too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). Either may result in permanent, long-term damage, and even death.

Refer

REFER the Athlete for Medical Evaluation

- It is recommended that coach, official or other person helping the injured athlete seek assistance from the host site medical personnel, if available.
- An agent of the club, meet or LSC is responsible for notifying the injured athlete's parent, and giving the Parent the [Post Head Injury Instructions](#).
 - Contact the parent(s) to inform them of the injury. Depending on the injury, either an emergency vehicle will transport, or parent(s) will pick the athlete up at the event for transport.
 - **A medical evaluation is required before returning to swim.**
- In the event that an athlete's parent(s) cannot be reached, and the athlete is able to be sent home (rather than directly to a medical doctor):
 - The coach, official or other person helping should insure that the athlete will be with a responsible individual, who is capable of monitoring him or her and understanding the home care instructions before allowing the athlete to go home.
 - The coach, official or other person helping, should continue efforts to reach a parent.
 - Athletes with suspected head injuries should not be permitted to drive home.

Report

REPORT Incident to USA Swimming

Coach, Club Leader or Meet Director shall complete a [Report of Occurrence](#) and submit it to USA Swimming. (www.usaswimming.org/roo)

Return to Swim Procedures

Athlete RETURN TO SWIM PROCEDURES after Concussion

- Returning to swim is a medical decision, and specific for each person.
- **Utah law requires written permission from a health care provider before an athlete can return to participation.**
- Follow instructions and guidance provided by a health care professional.
- An athlete should NEVER be on deck, practice or participate in competition if he/she still has ANY symptoms.
 - Athlete should be symptom free at all times including when:
 - At rest
 - Doing any physical activity
 - Doing activities that require a lot of thinking or concentration
- The coach needs to be aware of the athlete's injury and symptoms.
- The athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional before returning to full participation.

This Concussion Management Policy was prepared using the Sports Concussion Management Plan developed by the University of Utah's Division of Physical Medicine and Rehabilitation, the Nebo School District Management of Concussions and Head Injuries Policy and information from USA Swimming. The contents are not intended as legal or medical advice. Utah Swimming and its officers and employees are neither responsible for nor accept any liability for any direct or indirect loss or damages arising from or connected to the use of this information.