



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SPORTS NATIONAL CHAMPIONSHIP CONCUSSION MEMO

YMCA of the USA and the host YMCA for Sports National Championships are aware of the continued concern around concussion management. It is our responsibility to ensure the safety of our athletes at these events.

The Centers for Disease Control and Prevention (CDC) defines concussion as “a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.” It is important that our participants, parents and guardians, coaches, volunteers, and staff are aware of the seriousness of head injuries at any level.

Signs and symptoms of concussions provided by the CDC include, but are not limited to, the following:

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behavior, or personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

Symptoms Reported by Athletes

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

Sports National Championship Policy and Procedure

- All coaches will receive fact sheets on concussions to share with their coaching staff, athletes, and parents and guardians.
- All parents or guardians and athletes are required to complete the Parent/Athlete Concussion Information Sheet. The form will be provided to them by the coaching staff.
 - This form must be returned at registration along with the Medical & Emergency information and Liability Waiver Forms. It will be kept with the event files.
- Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel.
 - Once the injury report is completed, the lifeguard and/or hired medical personnel will notify event staff, the athlete's coaching staff, the Meet Director, and the YMCA of the USA national liaison.

If a head injury occurs at a Sports National Championship event, the four-step action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director and/or YMCA of the USA national liaison.
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to play, practice, or compete on the day of the injury and will be barred from the competition area until cleared by a licensed health care professional who has experience evaluating concussions and has provided written notification that the athlete is symptom-free and is OK to return to play.

Additional Resources:

- Coaches, athletes, and parents can download the free CDC HEADS UP Concussion and Helmet Safety app from Google Play or the Apple App Store. The app will help you learn how to spot a possible concussion and what to do if you think your child, teen, or athlete has a concussion or other serious brain injury.

Intended/Unintended Consequences

YMCA of the USA and the host YMCA are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.