



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 growing concern around concussion management. It is our responsibility to ensure safety of our athletes at these events.

The Centers for Disease Control and Prevention (CDC) define concussion as “a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious”. It is important that our participants, parents, 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:

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 Athlete

- 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
- Does not “feel right” or is “feeling down”

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National Championship Policy and Procedure

- All coaches will receive fact sheets on concussions to share with their coaching staff, athletes, and parents.
- In 2014, all parents and athletes will be 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 Parent consent and waiver form. 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 the 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 National Championship event, the 4 step action plan 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 warm-up or compete on the day of injury and will be barred from the competition area until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to play.

Intended/Unintended Consequences

YMCA of the USA and the host Y 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.