

City of Saratoga Springs Recreation Concussion Policy

1. Before the child under the age of 18 is allowed to participate in any City sports activity, the parent or guardian of the child must read the Concussion Policy and sign a statement that the parent or guardian has read, understands, and agrees to abide by this policy.
2. In compliance with Utah Code § 26-53-101 et seq., in any sports activity run by the City of Saratoga Springs Recreation every agent, coach, site supervisor, referee, or employee of the City of Saratoga Springs shall immediately remove a child under the age of 18 from participating in a sporting activity (game or practice) if a child is suspected of sustaining a concussion or a traumatic head injury.¹
3. After removal, the child will be prohibited from participating in any sporting activity until the child is evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion and provides the City with a written statement that:
 - a. 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
 - b. The child is cleared to resume participation in the sport activity.
4. A child participant, or a parent legal guardian of a child participant, who suspects the child participant may have sustained a head injury or concussion at any time during a game, class, course or season of a sports activity, regardless of location said suspected head injury was sustained, must immediately make it known to a City staff member.
5. The City, in its discretion, reserves the right to temporarily or permanently disqualify participants from contact sports or sports with a higher likelihood of head injury who have previously sustained three or more concussions and/or experienced slow recovery.
6. City of Saratoga Springs Recreation Staff will NOT be expected to “diagnose” a concussion. Staff includes: Director, Coordinators, Site Supervisors, Officials and Scorekeepers. The Staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions in compliance with CDC concussion standards. Staff will not be asked to give what could be perceived as a medical opinion. If a Staff member observes questionable signs, symptoms, or behavior, the Staff member will notify the coach and the player will be removed from the sporting event.
7. Per Utah Code § 26-53-301, this policy does not create a cause of action against the City or any of its employees.

¹ Per UCA 26-53-101, a "Traumatic head injury" means an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self-reported conditions attributable to the injury:

- (a) transient confusion, disorientation, or impaired consciousness;
- (b) dysfunction of memory;
- (c) loss of consciousness; or
- (d) signs of other neurological or neuropsychological dysfunction, including:
 - (i) seizures;
 - (ii) irritability;
 - (iii) lethargy;
 - (iv) vomiting;
 - (v) headache;
 - (vi) dizziness; or
 - (vii) fatigue.



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SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

July 2012

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 CENTERS FOR DISEASE CONTROL AND PREVENTION

