

CONCUSSIONS



Every day, approximately 8,000 children are treated for sports injuries in emergency rooms; about 6 percent of these involve concussions, according to the Brain Injury Association of America.

As a best practice, park and recreation districts should have a district policy on how to handle concussions. All staff should be trained on this policy and the signs/symptoms of a concussion. The district's policy should include the following information:

1. Signed parental release for activity medical treatment
2. Recognizing signs and symptoms of a concussion
3. Notify parents immediately
4. When to seek help
5. Release forms from doctor for children suspected of having a concussion
6. Return to play guidelines



Concussions Symptoms

Physical

- Headache or pressure in the head
- Dizziness
- Sensitive to light/noise
- Nausea
- Loss of consciousness
- Balance issues
- Loss of consciousness

Cognitive

- Forgetfulness
- Confusion
- Difficulty concentrating
- Short-term memory deficits

Emotional

- Tearfulness
- Giddiness
- Sharp mood swings

When in doubt,
keep 'em out.
Stand tall.
Make the call.

Remove child from activity
Inform parents immediately.
No play without the okay.

If you are interested in having your district staff and/or volunteers complete a training on signs and symptoms of a concussion, ACTivate (Athletic Concussion Training for Coaches) offers a **FREE** twenty-minute online training that will certify your staff. The website is: <http://program-activecoach.orcasinc.com>. This training is being used by Oregon School Activities Association to meet the concussion training guidelines for all school district coaches.

Camp leaders, coaches, and district staff should remember to follow district policies regarding concussions. And remember, when in doubt, keep 'em out. Stand tall. Make the call.