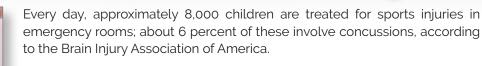
THIS IS NOT LEGAL ADVICE

# CONCUSSIONS



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:

- Signed parental release for activity medical treatment 1.
- 2. Recognizing signs and symptoms of a concussion
- 3. Notify parents immediately
- 4. When to seek help

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- 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.

Quick Reference Guide

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.



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