

The Wanaque Recreation Commission recognizes that concussions and head injuries can result from contact in sports and have serious consequences if not properly evaluated and treated. Therefore, the Commission has adopted this **Concussion and Traumatic Head Injury Policy** (Policy) in order to educate and to establish a plan of action for coaches, directors and commissioners when a player suffers or is suspected of suffering a concussion during a sporting event.

NOTE: sporting events include all games, practices, camps, competitions, or tryouts.

Policy: It shall be the policy of the Commission that all coaches, directors and commissioners will be familiar with the symptoms and signs of concussion and be prepared to take appropriate action as outlined below in responding to such incidents. “When in doubt, sit them out!” Youth players are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” on the head, it is now understood that a concussion has the potential to result in death, or short- and long-term changes in brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Symptoms include (but are not limited to) transient confusion, disorientation, impaired consciousness, dysfunction of memory, loss of consciousness, seizures, irritability, lethargy, vomiting, headache, dizziness, or fatigue. Continued participation in any sporting event following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain and even death. The well-being of the players is of paramount concern during a sporting event. Coaches are being asked to make all efforts to ensure that concussed players do not continue to participate. Thus, coaches should all be looking for signs of concussion in all players and any suspected concussed player should immediately be removed from play.

Role of coaches: Coaches will **NOT** be expected nor will they be trained to “diagnose” a concussion. Diagnosis is the job of a qualified health care provider. Coaches are being asked to use their best judgment in observing the signs, symptoms and behaviors associated with concussions. If a coach observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player’s parent/guardian. Coaches are not permitted to allow a player to resume activity until the coach receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.