



# **Pleasant Grove City Recreation Department Concussion and Traumatic Head Injury Policy**

## **Purpose**

Pleasant Grove (City) recognizes that concussions and head injuries can result from contact in sports and have serious consequences if not properly evaluated and treated. Therefore, consistent with state law, the City has adopted this Concussion and Traumatic Head Injury Policy (Policy) in order to educate and to establish a plan of action for coaches, teachers, employees, representatives, or volunteers of the City (Agents) when a player (defined as an individual under the age of 18 years) suffers or is suspected of suffering a concussion during a sporting event.

NOTE: under state law, sporting events include all games, practices, camps, physical education classes, competitions, or tryouts.

## **Policy**

It shall be the policy of the City that all Agents as well as parents/guardians of players shall be provided information regarding the symptoms and signs of concussion and use said information 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 is a brain injury that results in a temporary disruption of normal 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. Agents and parents/guardians are being asked to make all efforts to ensure that concussed players do not continue to participate. Thus, Agents and parents/guardians should all be looking for signs of