

YMCA OF GREATER OKLAHOMA CITY

Youth Sports Concussion Plan

Players

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Recommend mouth pieces for all sports.
- Require mouth pieces for Flag Football and Tackle Football.
- Require the use of head guards in all sports for athletes who have had previous concussions.
- A player receiving any type of head impact regardless of source, will be removed from the game and will be unable to return.

Parents/Guardians

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Offer CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Encourage support of coaches decisions to remove players from practices/games if a concussion is suspected.
- Provide medical clearance documentation to coach prior to allowing player to return.

Coaches/Assistant Coaches

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Provide parents with concussion symptoms document in the event of a suspected concussion.
- Provide medical clearance documentation to Program Director prior to allowing player to return.
- Follow the 3 R's in the event of a suspected concussion.

Officials

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Provide parents with concussion symptoms document in the event of a suspected concussion.
- Document all head impacts or injuries using YMCA Incident Report and communicate incident to Program Director.

The 3 R's

Recognize

- Learn what a concussion is and how it affects an individual.
- Learn the symptoms and warning signs of a concussion.
- Follow the Respond steps in the event of a suspected injury.

Respond

- Remove child from game/practice.
- Notify parents and league officials.
- Seek medical attention.
- Record detailed information regarding incident or past history, using forms from the CDC Heads Up Program DVD.
- Keep child out of play until medically cleared.

Return to Play

- Obtain medical clearance from child's physician.
- Secure new program waiver signed by parent/guardian.
- Encourage parent/guardian to follow and document child's progress using the "Getting Back In the Game Program".
 1. Perform light aerobic exercise (No weight lifting, jumping, hard running).
 2. Gradually add activities that increase an athlete's heart rate and incorporate limited body or head movement.

3. Gradually increase activity to include a heavy non contact physical activity.
 4. Reintegrate child into practices.
 5. Place child back into play, while monitoring for returning symptoms.
- Require the use of head guards in all sports for athletes who have had previous concussions.