



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA of Greater Oklahoma City

## Youth Sports Concussion Policy

### **Purpose Statement**

The YMCA recognizes that concussions, a type of traumatic brain injury (TBI), are serious injuries with negative outcomes that can affect an individual physically, emotionally, behaviorally, and/or cognitively, with the potential for long-term impacts on brain development. While concussions have many causes, these brain injuries are commonly sustained by youth participating in athletics or other recreational activities. The purpose of this policy is to maximize safety with respect to sports, and recreation-related concussions, by educating staff, team and game officials, athletes, and parents/guardians about concussions; providing guidance on how to prevent and manage concussions; and supporting youth returning to activities after a concussion in accordance with Oklahoma state law (70 O.S. § 24-155). This policy will be reviewed on an annual basis. The YMCA will be responsible for reviewing requirements of state law against this concussion policy and for seeking any technical assistance needed for policy review and revision. The YMCA will be responsible for implementation of the policy.

### **Education**

On an annual basis, the YMCA will provide athletes and their parents/guardians concussion information on the nature and risk of the injury, including the risk of continuing to play after a concussion. This information will be made available on the YMCA sports website. Athletes and parents/guardians must complete, annually, an acknowledgment form affirming receipt and understanding of the provided concussion information. These acknowledgment forms must be submitted digitally to the YMCA prior to participation in practice or competition. The YMCA will be responsible for verifying receipt of a completed acknowledgment prior to athletics participation. Staff, including volunteers, who knowingly allow an athlete to participate in practice or competition prior to receipt of the completed acknowledgment form will be subject to league discipline.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Youth Sports Concussion Plan

## Players

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Provide educational materials via YMCA sports website
- Require mouth pieces for Flag Football and Tackle Football.
- Recommend mouth pieces for all sports.
- 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 YMCA sports website
- Encourage support of coaches or officials decisions to remove players from practices/games if a concussion is suspected.
- Provide medical clearance documentation to YMCA & coach prior to allowing player to return.
- Follow the 3 R's, recognize, respond, return to play, in the event of a suspected concussion.

## Coaches/Assistant Coaches

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

## Officials

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require NFHS or CDC Heads Up Concussion Training
- Provide educational materials via YMCA sports website
- Any team or game official who becomes aware or suspects that a child has sustained a concussion should immediately remove the child from the practice or game. Child should be removed from play when:
  - A child has taken, or is suspected to have taken, a blow or impact to the head or body with potential to cause a concussion.
  - A team or game official becomes aware or suspects that a child is exhibiting signs, symptoms, or behaviors consistent with sustaining a concussion.
- The game official will be responsible for documenting the circumstances of the injury, notifying the athlete's parents/guardians, coach and YMCA Leadership and, when appropriate, enacting the emergency action plan.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Penalties

Per Oklahoma Concussion Policies, Youth Sports Organizations must include in concussion policies predetermined penalties for team and game officials who do not remove an athlete from play upon a suspected concussion. Oklahoma's concussion law sets minimum penalty standards and also prohibits assessing monetary fines as penalties. Organizational leadership may establish more severe penalties than these minimums, but all penalties should be established in policy before enforcement. The following are the minimum penalties required by state law:

First violation: Required completion of additional concussion recognition and management education as predetermined by the governing board. Additional training must be documented, with record of completion readily available upon request.

Second violation: Suspension from the sport or activity until an appearance in front of the governing board. The appearance before the governing board may involve a determination as to whether the individual will continue in their role with the organization.

The YMCA Sports Committee will serve in the role of the governing board for YMCA Youth Sports League.

## 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.
  - Children who have been removed from practice or competition because of a suspected concussion will not be allowed to return to play the same day.
- Notify parents and league officials.
- Seek medical attention.
- Record detailed information regarding incident or past history.
- Keep child out of play until medically cleared.

### Return to Play

- Child should have returned to all activities of daily living and be symptom-free for at least 24 hours before starting the Return to Play protocol.
- 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".
  - Perform light aerobic exercise (No weightlifting, jumping, hard running).
  - Gradually add activities that increase an athlete's heart rate and incorporate limited body or head movement.
  - Gradually increase activity to include a heavy non-contact physical activity.
  - Reintegrate child into practices.
  - Place child back into play, while monitoring for returning symptoms.

Adopted 1.1.2021