

Concussion Policy

Educate Coaches, Parents, and Athletes: Coaches and Parents are asked to read the information posted regarding concussion. This is posted in our facility and online.

Remove Athlete from Play: An athlete who is believed to have a concussion is to be removed from play right away and parents will be notified.

Obtain Permission to Return to Play: An athlete can only return to play or practice after at least 24 hours and with permission from a health care professional.

These action steps are based on recommendations presented in the International Concussion Consensus Statement.

Information about concussions as noted by the CDC

A concussion is a type of traumatic brain injury that can have a serious effect on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks, or even months. Not giving the brain enough time to heal after a concussion can be dangerous. A repeat concussion that occurs before the brain heals from the first, usually within a short amount of time (hours, days, weeks), can slow recovery or increase the chances for long-term health problems. These may include changes in how the child or teen thinks, feels, and acts, as well as their ability to learn and remember. While rare, a repeat concussion can result in brain swelling or permanent brain damage. It can even be fatal.