



Concussion Awareness/Prevention Guidelines

The following constitute the policies of Harrisburg Youth Association, Inc. (HYA) with regard to concussion awareness and prevention within our organization.

- HYA is committed to maintain an adequate system and regularly promote a concussion awareness and safety recognition program, including, but not limited to, the online Concussion Course offered by the Center for Disease Control and Prevention. www.cdc.gov/ConcussionInYouthSports
- HYA requires Flag Football Coaches to complete and document the online CDC Concussion Course.
- HYA communicates, in writing (including by electronic means), our concussion awareness and safety recognition program to all participants, coaches, parents and involved parties.
- HYA has a clear understanding of concussion and the potential consequences of the injury; recognizing concussion signs and symptoms and how to respond.
- HYA is focused on prevention and preparedness to help participants stay safe and learn the steps for returning to activity after a concussion.

HYA will take the following 5 steps if we suspect a participant has a concussion:

- 1) Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.
- 2) Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.
- 3) Recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head or body
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
- 4) Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional who is experienced in evaluating for concussion.
- 5) Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he/she is symptom-free, and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first concussion—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.