

McMinnville Parks and Recreation Youth Sports Concussion Policy

WHAT IS A CONCUSSION?

A concussion is type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even seemingly minor “ding” can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

McMinnville Parks and Recreation recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. This policy is intended to provide easy to understand guidelines related to players who are suspected of having a concussion or have been diagnosed with a concussion.

Coaches, on their own time, will watch one of the following videos in its entirety at least once each year. Upon completion of the training course, print the certificate and return it to the Recreation Sports Manager at the McMinnville Community Center.

[CDC Heads up-Concussion in Youth Sports Online Training for Coaches](http://www.cdc.gov/concussion/headsup/youth.html)

<http://www.cdc.gov/concussion/headsup/youth.html> (to save/print the certificate from CDC- do a “print screen” and paste that into Word, Powerpoint, Paint, etc.)

Or,

[NFHS Concussion in Sports-Free Training Course](http://nfhslearn.com/electiveDetail.aspx?courseID=38000)

<http://nfhslearn.com/electiveDetail.aspx?courseID=38000>

Prior to each season, coaches will receive a copy of the CDC’s “A Fact Sheet for Coaches” and “Signs and Symptoms/Action Plan”. During a game or practice session, coaches will follow the “Action Plan” if they suspect a player may have a concussion, and must report the incident to McMinnville Parks and Recreation staff.

Action Plan

1. Remove athlete for play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete’s parents or guardians about the known or possible concussion and give them “A Fact Sheet for Parents”.
4. Allow the athlete to return to play **only** with the permission from an appropriate health care professional.

Resources for coaches, parents and players are available at the McMinnville Community Center and on the “Recreational Sports” page of the City of McMinnville Website www.ci.mcminnville.or.us