



Somers Youth Sports Organization

108 Village Square # 302
Somers, NY 10589

www.somerssports.org

President
Mark Rossiter

Vice-President
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Treasurer
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Executive Board Member
Eric Fecci

Recording Secretary
John DiRago

POLICY 12-002	CONCUSSION POLICY FOR ALL SYSO CONTACT SPORTS	10/ 24/2012
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PURPOSE: This policy is to set the standards for Coaches, Parents as well as Athletes in the awareness of Concussion in contact sports and to minimize Athlete(s) Traumatic Brain Injury (TBI)

OBJECTIVE: To standardize an educational curriculum for all Coaches, Parents and Athletes as well as an administrative guideline for the SYSO Commissioners.

- The curriculum will include a free online certification from the CDC site on TBI from concussions for coaches.
- Handouts with an outline of what to look for and how to address it.
- Information package to hand out to the parents on what procedure is needed to return a Athlete to the active role
- Procedure to return an Athlete to an active role, which will include a medical examination by a Primary Physician familiar with TBI.
- Proper documentation from a Primary Physician familiar with TBI.
- Procedure for Coaches, Parents and/or Guardians and Athletes
- Commissioner's responsibility notifying the coaches and Health and safety representative.
- All Athletes correspondence should be filed for the duration of the season.

PROCEDURE:

COACHES:

1. Review and take the CDC (*see note) on line awareness for concussion course and take the quiz. Print out the certificate and submit it to the SYSO Commissioners for file.
2. In the event a coach finds a Athlete with a concussion according to the symptoms, remove the Athlete from the game. *(If in doubt sit them out.)*
3. If necessary according to the symptoms of the Athlete, call 911 and have the Athlete sent to the emergency room via ambulance.
4. The coach will notify the parent or guardian that their child is going to the hospital.
5. The parents or guardian of the Athlete will be notified that their child has a potential concussion and he/she needs to follow the procedure to re-enter sports activities.



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(see Parents Procedure #6)

6. If the symptoms do not warrant hospitalization the coach may release the Athlete to the parent or guardian and advise them to take him/her to a Primary Physician for evaluation.
7. The coach will insure that the Athlete has proper approval prior to letting the athlete engage in any sport activities. *(i.e. Letter from the Health and Safety Commissioner that they received a letter from the athletes Primary Physician.)*
8. Submit an incident report to the SYSO Commissioners of the event.
9. If for any reason an athlete returns and the coach feels that they are not ready, the coach has the right to remove the athlete again. In this case refer back to Procedure 5.
- 10. Advise Parents of SYSO to fill out the Supplemental Medical Health Coverage. Forms on SYSO website. (AYSO and FC have separate coverage.)
*Submit form within 90 days of incident.***

*Attach or type address for training to web browser:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

PARENTS:

1. Review the Concussion hand out for parents and coaches as well as this procedure.
2. If you are not at the sports event and notified that your child is going to the hospital, respond to the hospital.
(Responding to the sports event can slow the transport and or treatment waiting for your arrival.)
3. When your child is released from the hospital or doctors office, review the parent's handout for Concussion / TBI as well as the doctor's orders.
4. Parents may choose to take their child to a Neurologist that specializes in Concussion / TBI for further evaluation.
5. In order to return your child to sports activity you will need Proper approval. Proper approval is a note from the Primary Physician to the Commissioners stating that your child has been under his/her care and is able to return to sports activities.
6. It is recommended that if your child has a concussion that he/she be seen by a neurologist prior to returning to sports activities. However a health care provider that is familiar with concussion will suffice to return to sports activities.



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Note: (For HIPAA purposes, the note can not contain treatment or condition of the patient; only that he/she was under doctor's care and is able to return to sports activities)

ATHLETES:

1. All athletes are to review the concussion TBI procedure and handouts with the parents or guardians prior to participating in any sports.
2. Listen to the directions of the coach if he or she takes you out of the game.
3. If you take a hit to the head and feel dizzy, nauseous or feel faint, notify the coach immediately.
4. If you see a fellow Athlete complaining of the same symptoms and or acting confused or disoriented, notify the coach immediately.

COMMISSIONERS:

1. Obtain an incident report from the coach that an Athlete sustained a possible concussion and was taken to the hospital or released to the parents care.
2. Receive a letter from the parents that the Athlete was seen by a Primary Physician and is now able to play in contact sports.
3. Notify the coach that SYSO has proper documentation and they are cleared to play in contact sports.
4. All documentation is keep confidential in the Athletes file. At the end of the season the file may be destroyed.

APPENDIXES:

- A. CDC Website for Coaches certification
- B. Coach Fact Sheet
- C. Parents Fact Sheet
- D. Athlete Fact Sheet
- E. Concussion Signs and Symptoms Check Sheet
- F. Injury Protocol Incident report

All of the above appendixes can be found at this web site:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>