

HOPKINS "BOBCATS" ATHLETIC ASSOCIATION

Purpose

This policy is intended to outline guidelines to inform and educate coaches, athletes and other adults involved in the athletics of the Hopkins Bobcats Athletic Association (HBAA) about the nature, risk, symptoms and long-term health consequences of concussions and head injuries. HBAA encourages proactivity in identifying and treating signs and symptoms of concussions or head injury. This policy shall be reviewed on an annual basis and maintained within organizational records.

Definitions

- Concussion – a stunning, damaging, or shattering effect from a hard blow; a jarring injury of the brain resulting in disturbance of cerebral function; a hard blow or collision
- Concussion signs and symptoms - symptoms differ with each person and with each injury, and may not be noticeable for hours or days with common symptoms to include: headache; confusion; difficulty remembering or paying attention; balance problems or dizziness; feeling sluggish, hazy, foggy, or groggy; feeling irritable; more emotional, or "down"; nausea or vomiting; bothered by light or noise; double or blurry vision; slowed reaction time; sleep problems; or loss of consciousness

Policy

Any player who exhibits signs, symptoms or behaviors consistent with a concussion as defined above shall be immediately removed from the game and/or practice and shall not return to play until evaluated by a health care provider and receives written clearance for a full or graduated return to play.

Board Members will:

- Annually review information concerning the nature, risk and symptoms of concussions and head injury.
- Annually provide proof of concussion training course completion.
- In the event of a player's loss of consciousness, will call 911 for emergency medical treatment.
- Remove player from a game or practice in which signs or symptoms of a concussion or head injury are witnessed.
- Inform parent/guardian of player signs and/or symptoms immediately.

Directors/Coaches will:

- Annually review information concerning the nature, risk and symptoms of concussions and head injury.
- Prior to the start of the sports season, provide proof of concussion training course completion.
- Prior to the start of the sports season, review with all athletes and parents/guardians the signs and symptoms of a concussion or head injury.
- In the event of a player's loss of consciousness, will call 911 for emergency medical treatment.
- Remove player from a game or practice in which signs or symptoms of a concussion or head injury are witnessed.
- Inform parent/guardian of player signs and/or symptoms immediately.

Parents/Guardians will:

- Annually review information concerning the nature, risk and symptoms of concussions and head injury.
- Inform the Director or Coach of any signs or symptoms of concussion or head injury.
- Inform the Director or Coach of any previously experienced concussions or head injuries.

Players

- Annually review information concerning the nature, risk and symptoms of concussions and head injury.
- Inform the Director or Coach of any signs or symptoms experienced as a result of a possible concussion or head injury

BOARD MEMBERS

Christy Brown, President • Tamara Braxton, 1st Vice President • Janice Brown, 2nd Vice President • Aiesha Smith, Secretary
Thomascine Taylor, Treasurer • Kim Anderson • Crystal Benjamin • Lesia Patterson • Terri Perry • Princess Smith • Juan Turner

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- Inform the Director or Coach of any previously experienced concussions or head injuries.

Annual Certifications

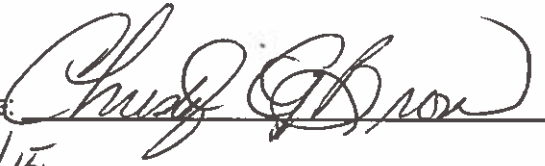
All board members, athletic directors and coaches must complete a certified concussion training course annually.

Resources

Center for Disease Control and Prevention (CDC) HEADS Up

<http://www.cdc.gov/headsup/resources/index.html>

President's Signature: _____



Date: _____

6/9/15

Secretary's Signature: _____

Tamara Braxton^{1st V.P.} for Aiesha Smith

Date: _____

6/9/15

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