



## **Catholic Youth Organization Concussion Policy**

The policy requires that all CYO participants who sustained, or are suspected to have sustained a concussion during athletic activities are to be immediately removed from such activities. Such participants may not return to athletic activities until they have been symptom-free for a minimum of 24 hours and have been fully evaluated by, and received written and signed authorization to return to such activities from a licensed health care professional. No exceptions will be permitted.

If you (Parish Coordinator, coach, official or parent) suspect that a participant in a CYO athletic activity or practice has sustained a concussion, you should take the following steps:

1. Remove the participant from the activity or practice immediately.
2. Inform the child's parents or guardians about the possible concussion and provide them with the necessary information on concussions contained in the fact sheet available at game sites.
3. A child that has been removed from an athletic competition or practice because they sustained or suspected to have sustained a concussion may not return under any circumstances.
4. Encourage the parent or guardian to take the participant to a hospital, health care facility, or doctor's office immediately.
5. Inform the parent or guardian that the child will not be able to return to a game or practice for a minimum of 24 hours and that the child must be symptom free for 24 hours and fully evaluated by, and receive written and signed authorization to return to activities from a licensed health care professional before they can return.