**Guidelines & Procedures – HB 284 – Return to Play Act**

**Concussion and Head Injury**

**Concussion Information and Education**

With the passage of ***HB 284 - Return to Play Act*** by the Georgia Legislature in 2013, new requirements to educate coaches, youth athletes and their parents on the dangers of concussions in competitive youth athletic activities will become effective for all competitive sports in January 2014. The Georgia Department of Public Health is referring everyone to the ***"Heads Up - Concussion in Youth Sports"*** program offered by the Center of Disease Control (CDC). Dunwoody Parks & Recreation (DPR) recommends the same education program to all youth sports partners that utilize DPR facilities.

A link to the program on the CDC website can be found here: <http://www.cdc.gov/concussion/headsup/index.html>

**Definition**

A concussion is a type of brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion.

 **Symptoms Reported by Athlete**

* Headache
* Nausea
* Balance problems or dizziness
* Double or fuzzy vision
* Sensitivity to light or noise
* Feeling sluggish
* Feeling foggy or groggy
* Concentration or memory problems
* Confusion

**Signs Observed by Others**

* Appears dazed or stunned
* Is confused about assignment
* Forgets plays
* Is unsure of game, score or opponent
* Moves clumsily
* Answers questions slowly
* Loses consciousness
* Shows behavior or personality changes
* Cannot recall events prior to hit
* Cannot recall events after hit

**Purpose**

The following guidelines and procedures are being implemented by DPR with the intent to reduce the potentially serious health risks associated with competitive sports related concussions and head injuries.

**Guidelines**

DPR will provide information to coaches, referees, site supervisors, parents and participants of the signs, symptoms or behaviors consistent with sports induced concussions.

**Procedure**

**1. Distribution**

A. Parents, Coaches, assistant coaches and site supervisors associated with competitive sport activities should become familiar with and have access to a copy of DPR’s Concussion and Head Injury Guidelines.

B. Parents, Volunteers, Coaches and assistant coaches are strongly encouraged to view the “Heads Up: Concussion in Youth Sports” online course from the Center for Disease Control (CDC). This online course can be found at the link listed below:

[www.cdc.gov/concussion/HeadsUp/online\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

C. DPR will provide concussion educational information per HB 48 to all youth athletic providers to distribute to their coaches, volunteers and parents and recommends that they have all participant’s parent/legal guardian sign an acknowledgement of receipt. (See Attached)

**2. Suspected Concussion Procedures for GCPR provided programs**

A. Any participant exhibiting the signs, symptoms or behaviors associated with a concussion or head injury: (1) must be immediately removed from the activity. **Remember: When In Doubt Sit Them Out!!**

B. The injured participant’s parent or guardian should be immediately notified of the suspected concussion or head injury so they can be taken and evaluated by an appropriate healthcare professional.

C. An Accident or Injury Report Form must be submitted to DPR within 24 hours or on the next business day following the incident.