

**PLAYER SAFETY POLICY**

*"WHEN IN DOUBT, SIT THEM OUT"*

**EFFECTIVE START OF 2013 SEASON**

**1**. **Every RGYF Coach** MUST take the CDC "Heads Up" online course and print out their certificate to be placed on file with the Giants Player Safety Coach.

 [CDC Heads Up Concussion Training for Coaches and Parents](http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html)

 a. **No Coach** will be allowed to be on the practice and/or game field unless their certification is on file. THERE WILL BE NO EXCEPTIONS!

 b. A recertification will be given annually prior to the start of preseason.

**2**. **All Parents** are encouraged to take the free CDC coaches online course as well.

 a. All registering parents and players MUST sign The Parent/Athlete Concussion Information Acknowledgement sheet and hand it in on the 1st day of preseason.

 [CDC Parent Athlete Sheet](http://www.cdc.gov/concussion/headsup/pdf/Parent_Athlete_Info_Sheet-a.pdf)

**3**. **All Head Coaches** are required to attend proper tackling technique clinics.

**4.** **Player Safety Coach -** Every level of RGYF will have at least one Player Safety Coach. Assignments will be done a rotational basis (e.g. Varsity coach for JV games and JV coach for Varsity games). Head Coaches shall assume this role during practice times.

**5.** **Player Safety Coach Procedures**

**A.** **IF AN INJURY IS SUSPECTED**: If any suspected injury has occurred, remove the athlete from play. If the injury incurred a blow to the head, look for signs and symptoms of a concussion. Always remember: *"When in doubt, sit them out!"*

 **B.** **GAME DAY** a pre-assigned Player Safety Coach will an escort the player until a EMT is on the scene. Once EMT is with the player, the Player Safety Coach will immediately seek out the athlete’s parent and/or legal guardian.

 *All players must have a parent and /or an assigned guardian(s) at every game.*



 **C.** **PRACTICE** if a player is suspected of an injury, the athlete will be removed from play and a parent and/or legal guardian will be contacted\*. *\*If a serious injury has occurred, 911 will be contacted 1st then a parent and/or legal guardian.*

1. **Blow to Head: Coaches will inform and advise -**  the athlete’s parents and/or guardians about the possible concussion and give them the fact sheet on concussions. Make sure they know that it is advised that the athlete should be seen by a health care professional experienced in evaluating for concussion.
2. Coaches shall record the following information to help health care professionals in assessing the athlete after the injury:
	* + Cause of the injury and force of the hit or blow to the head or body
		+ Any loss of consciousness (passed out/knocked out) and if so, for how long
		+ Any memory loss immediately following the injury
		+ Any seizures immediately following the injury

**3.** In the event of an athlete rendered conscious or apparently unconscious, that athlete shall not be permitted to resume participation without written authorization from a physician.

**4.** **Athletes Return to Play** - Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

RGYF recommends that all decisions be made in the best interest of the children and *when any doubt* exists as to the health of the athlete *sit them out.*



CDC Heads up Parents/Athlete info and signature sheet

<http://www.cdc.gov/concussion/headsup/pdf/Parent_Athlete_Info_Sheet-a.pdf>

CDC Heads up Concussion Awareness Training

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

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.

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| Signs Observed by Coaching Staff* Appears dazed or stunned
* Is confused about assignment or position
* Forgets an instruction
* Is unsure of game, score, or opponent
* Moves clumsily
* Answers questions slowly
* Loses consciousness (even briefly)
* Shows mood, behavior, or personality changes
* Can’t recall events prior to hit or fall
* Can’t recall events after hit or fall
 | Symptoms Reported by Athlete* Headache or “pressure” in head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Sensitivity to light
* Sensitivity to noise
* Feeling sluggish, hazy, foggy, or groggy
* Concentration or memory problems
* Confusion
* Does not “feel right” or is “feeling down”
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