



POLICIES AND PRACTICES

YMCA OF PIERCE AND KITSAP COUNTIES

TITLE CONCUSSION AND SUDDEN CARDIAC ARREST AWARENESS FOR SPORT PROGRAMS	REVISION DATE	
	WAC N/A	RCW 28A.600.190

BACKGROUND

A concussion is a serious brain injury. They are caused by a bump, blow, fall, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. Concussions can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications, including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention immediately.

Sudden cardiac arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the United States, afflicting over 300,000 individuals per year. SCA is also the leading cause of sudden death in young athletes during sports.

PRACTICE

For the safety of our members and participants, the YMCA of Pierce and Kitsap Counties (the Y) has developed this written practice describing the prevention and treatment of sports-related concussions and other head injuries sustained by participants. All coaches, officials, and Child Care site staff shall complete an injury safety training program. These trainings will be held before each sports season at the branch level, and bi-annually for the association.

The Y will provide an educational fact sheet at the beginning of each sports season to all youth sport parents, and obtain a signed acknowledgement from each parent/guardian and age-appropriate youth athlete. Any participant who participates in a sports program – including all youth sport programs, Child Care, and other youth activity programs – and is suspected of sustaining a concussion will be immediately removed from competition, practice, or activities. The participant will not be allowed to return to competition or practice until she/he has written clearance from a physician trained in concussion treatment and has completed her/his return-to-play protocol as set forth by the physician.

Concussion

Members and participants with the signs and symptoms of a concussion will be removed from play and participation immediately. Continuing to play or participate with the signs and symptoms of a concussion leaves the person especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the person suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage participants will often under-report symptoms of injuries, and concussions are no different. As a result, education of YMCA staff, volunteers, coaches, parents, and participants is key for member safety.

Symptoms may include one or more of the following:

- ▶ Headaches
- ▶ "Pressure in head"
- ▶ Nausea or vomiting
- ▶ Neck pain
- ▶ Balance problems or dizziness
- ▶ Blurred, double, or fuzzy vision
- ▶ Sensitivity to light or noise
- ▶ Feeling sluggish or slowed down
- ▶ Feeling foggy or groggy
- ▶ Drowsiness
- ▶ Change in sleep patterns
- ▶ Amnesia
- ▶ "Don't feel right"
- ▶ Fatigue or low energy
- ▶ Sadness
- ▶ Nervousness or anxiety
- ▶ Irritability
- ▶ More emotional
- ▶ Confusion
- ▶ Concentration or memory problems (forgetting game plays)
- ▶ Repeating the same question/comment

Signs observed by teammates, parents, and/or coaches may include:

- ▶ Appears dazed
- ▶ Vacant facial expression
- ▶ Confused about assignment
- ▶ Forgets plays
- ▶ Is unsure of game, score, or opponent
- ▶ Moves clumsily or displays incoordination
- ▶ Answers questions slowly
- ▶ Slurred speech
- ▶ Shows behavior or personality changes
- ▶ Can't recall events prior to hit
- ▶ Seizures or convulsions
- ▶ Any change in typical behavior or personality
- ▶ Loses consciousness

Sudden Cardiac Arrest (SCA)

SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely to occur during exercise or physical activity, placing participants with undiagnosed heart conditions at greater risk. SCA can also occur from a direct blow to the chest by a firm projectile (e.g., baseball, softball, lacrosse ball, hockey puck) or by chest contact from another player (called "commotio cordis"). While a heart condition may have no warning signs, some young athletes may have symptoms, but neglect to tell an adult.

If **any of the following symptoms** are present, a cardiac evaluation by a physician is recommended:

- ▶ Passing out during exercise
- ▶ Chest pain with exercise
- ▶ Excessive shortness of breath with exercise
- ▶ Palpitations (heart racing for no reason)
- ▶ Unexplained seizures
- ▶ A family member with early onset heart disease or sudden death from a heart condition before the age of 40

PROCEDURE**Concussion**

Any member or participant suspected of suffering a concussion will be removed from the game or practice immediately. No participant may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of a participant should continue for several hours. A youth participant who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time **AND** may not return to play until the participant is evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and received written clearance to return to play from that healthcare provider.

Parents should also inform coaches if they think their child may have a concussion. It is better to miss one game than miss the whole season; when in doubt, the participant sits out. It is important for parents to team with coaches to know and act on the symptoms laid out in this practice.

Sudden Cardiac Arrest (SCA)

Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation; however, the Y should be prepared to respond to a cardiac emergency. Members and participants who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm. Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible.

PLEASE KEEP THIS PAGE FOR EASY REFERENCE

I have read and understand that concussions are serious in nature. I have read this information and can recognize symptoms of a head injury or concussion.

PRINTED PARTICIPANT NAME	PARTICIPANT SIGNATURE	DATE
PRINTED PARENT/LEGAL GUARDIAN (IF UNDER AGE 18)	PARENT/LEGAL GUARDIAN SIGNATURE	DATE

YMCA OF PIERCE AND KITSAP COUNTY YOUTH SPORTS CONCUSSION PRACTICE

For the safety of our youth and in compliance with House Bill 1824, the YMCA of Pierce and Kitsap Counties (the Y) has developed a written practice describing the prevention and treatment of sudden cardiac arrest, sports-related concussion, and other head injuries sustained by youth athletes. The following bullets outline the Y's sports-related concussion practice.

- ▶ All coaches, athletic trainers, and officials shall complete an injury safety training program. These trainings will be held before each sports season at the branch level, and bi-annually for the association.
- ▶ The YMCA will provide an educational factsheet at the beginning of each sports season to all youth athletes, and obtain a signed acknowledgement from each parent/guardian and youth athlete.
- ▶ Any youth athlete who participates in a youth sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The youth athlete will not be allowed to return to competition or practice until she/he has written clearance from a physician trained in concussion treatment and has completed her/his return-to-play protocol as set forth by the physician.

Signs and Symptoms of a Concussion

Signs observed by parent/guardian/coach/official:

- ▶ 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 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"

Signs and Symptoms of Sudden Cardiac Arrest

Signs observed by parent/guardian/coach/official:

- ▶ Passing out during exercise
- ▶ Chest pain with exercise
- ▶ Excessive shortness of breath with exercise
- ▶ Palpitations (heart racing for no reason)
- ▶ Unexplained seizures
- ▶ A family member with early onset heart disease or sudden death from a heart condition before the age of 40

By signing below, I indicate that I have reviewed the information regarding the YMCA of Pierce and Kitsap Counties' sudden cardiac arrest and concussion practice and information outlined in this document.

PRINTED ATHLETE NAME	ATHLETE SIGNATURE	DATE
PRINTED PARENT/LEGAL GUARDIAN (IF UNDER AGE 18)	PARENT/LEGAL GUARDIAN SIGNATURE	DATE