

Kensington Youth Athletic Association Concussion Policy (“Policy”)

Kensington Youth Athletic Association (KYAA) recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. This Policy is intended to provide easy-to-understand guidelines related to players who are suspected of suffering or have been diagnosed with a concussion.

The Policy is for Coaches, Parents and Athletes but is to be shared with any other adults or participants in KYAA activities.

Coaches*

- All Head Coaches and Assistant Coaches on the roster (e.g., CORI checks, etc.) are required to complete at least one of the following online modules/educational videos at least once every two years:
 - *Heads Up: Concussion in Youth Sports Online Concussion Training* Centers for Disease Control and Prevention (CDC). (<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>)
 - National Alliance for Youth Sports (www.nays.org) by registering and signing up for Free Training ó *Concussion Training*.
 - Another equivalent program as voted in by the KYAA Board.
- When a Coach volunteers to coach, he or she will be informed of the requirement for concussion awareness training and KYAA’s policy on concussions. They will have 21-days to complete the training from being assigned a coaching position**.
- KYAA will assign a Board Member to track each coach’s compliance. Credit will be given to any coach for having had the training within the allowed time period.
- Before each season, all Coaches will be given a copy of CDC’s *Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches* document or a similar document to be approved by the KYAA Board.
- Concussions rarely (less than 10% of occurrences) involve loss of consciousness. However, in the event of loss of consciousness the Coach will call 911 or will instruct another adult to call 911 ó no exceptions.
- When, during a session, a Player is suspected of having a concussion the Coach will remove the Player from the session and will not allow the player to return to play for the remainder of the session. The Coach will keep the Player out even if the Player insists they are okay.
- The Coach will inform the Player’s Parent or guardian of the Player’s symptoms as soon as possible. Ideally, the Parent will be notified immediately.
- Before being allowed to return to the team for a future session, the player’s parents must provide the KYAA Coach and/or Board with a medical release from the young athlete’s doctor.
- When the Player returns for a future session if, based on the Coach’s understanding of concussion symptoms, the Coach suspects the player is still exhibiting symptoms, the Coach will keep the player from the activity. Future participation will be decided upon by the KYAA Board.

* *Coaches* means all volunteer Head Coaches and Assistant Coaches.

** Current coaches have 30 days from the date of implementation of this policy to complete the training. (Session means practice, game, scrimmage, etc.)

Parents

- The KYAA registration information will include an area where the adult/guardian registering an athlete will be required to check a box agreeing to the following (or similar language): *“If my child is diagnosed with a concussion during any Kensington Youth Athletic Association (KYAA) activity or during **ANY OTHER ACTIVITY** including those outside of KYAA, or if my player has had a prior head injury, I*

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will inform my child’s Coach of such diagnosis prior to the start of the season or before my child returns to play.

- At the start of each season, Parents will receive an e-mail from KYAA (e.g., their coach) that includes:
 - A brief explanation of our policy and the importance of the Parent’s role in understanding it.
 - A link to the Policy on the KYAA website which will include an electronic copy of CDC’s *Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents* document or a similar document to be approved by the KYAA Board.
 - The KYAA website will include a link to the KYAA-approved education modules mentioned above. These modules are subject to change and are subject to KYAA approved alternates.
 - The KYAA website will include information on local resources that offer baseline tests (e.g., ImPACT, etc.). KYAA is not responsible for any costs associated with initial or follow-up testing.

Athletes

- All Athletes will be provided with a brief explanation of KYAA’s concussion policy and what a concussion is.

Date Policy Effective: April 15, 2015