

PINE BUSH YOUTH FOOTBALL & CHEERLEADING (PBYFCL)

2025 CONCUSSION POLICY

CONCUSSION MANAGEMENT

Pine Bush Youth Football & Cheerleading recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreation activity and can have serious consequences if not managed carefully. Therefore, PBYF&C adopts the following policy to support the proper evaluation and management of head injuries. Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While PBYF&C coaching staff will exercise reasonable care to protect students, head injuries may still occur. PBYF&C Head & Assistant Coaches will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any player exhibiting those signs, symptoms or behaviors while participating in a PBYF&C sponsored event shall be removed from the game or activity and must be evaluated as soon as possible by an appropriate health care professional..

If a player sustains a concussion at a time other than when engaged in a PBYF&C sponsored activity, PBYF&C expects the parent/legal guardian to report the condition to the coach so that PBYF&C can support the appropriate management of the condition. In the event of a blow or jolt to the head, the affected athlete must be examined and cleared by a physician before returning to practice or play. If the physician determines that further tests are necessary before clearance, he or she will refer the athlete for these tests.

The student shall not return to PBYF&C until authorized to do so by a physician with written authorization. Any player who continues to have signs or symptoms upon return to activity must be removed from play and re-evaluated by their health care provider.

CONCUSSION PROCEDURES

IDENTIFICATION

Any player, who is observed to have suffered a significant blow to the head, has fallen from any height or collides hard with another person or object may have suffered a concussion. Symptoms of a concussion may appear immediately or may become evident in a few hours or a few days. Concussions may occur at places other than practice or games; therefore, PBYFL coaches and/or team moms who observe a player displaying signs and symptoms of a concussion should refer the player to a nurse/EMT if on site, trained coach or contact the parent/guardian. Symptoms of a concussion include but are not limited to: amnesia, decreased or absent memory of events prior to or immediately after the injury, confusion or appears dazed, headache, loss of consciousness, balance difficulty or dizziness, double or fuzzy vision, sensitivity to light and/or sound, nausea and/or vomiting, irritability or other changes in personality, feeling sluggish, foggy or groggy, concentration or focusing problems and slowed reaction times.

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room: headaches that worsen, seizures, looks very drowsy and/or cannot be awakened, repeated vomiting, slurred speech, unable to recognize people or places, weakness or numbing in arms or legs, facial drooping, change in pupil size of one eye, significant irritability, and any loss of consciousness longer than 30 seconds.

GUIDELINES FOR THE TEAM

STUDENT - Students should be encouraged to communicate any symptoms to school staff and/or parents immediately, as a concussion is primarily diagnosed by reported and observed signs and symptoms. It is the information provided by the student about their signs and symptoms that guide the other members of the team in transitioning the student back to activities. The amount and type of feedback reported by the student will be dependent on age and other factors.

Students should: immediately report to the coach if you receive a blow to the head, be familiar with signs and symptoms that must be reported to the coach, parent/guardian or team mom, be made aware of the risk of concussion and be encouraged to tell their coach, parent/guardian or other staff members about injuries and symptoms they are experiencing, be educated about the very real risk of second impact syndrome and how to avoid it by fully recovering from a concussion prior to resuming normal activities, follow instructions from their private medical provider, encourage teammates to report injuries, promote an environment where admitting to signs and symptoms of a concussion is considered acceptable.

PARENT/GUARDIAN

Parent/guardians play an integral role in assisting their child. The parent/guardian is the person communicating with both the medical provider and PBYF&C. Understandably this is during a stressful time for the parent/guardian as they are concerned about their child's well being.

Parent/Guardians should be familiar with the signs and symptoms of concussions. Additionally parents should be aware of long term complications if concussion symptoms are ignored, understand why removal from activity and requiring a medical evaluation prior to returning to activity is in the best interest of their child, provide any forms and written orders from the medical provider to PBYF&C, communicate with PBYF&C to assist in transitioning the player back to playing after suffering a concussion.

I have reviewed and understand PBYF&C's Concussion Policy.

Parent's Signature _____ Date _____

Print Player's Name _____

Every Helmet PBYF&C issues has the following warning sticker on it.

WARNING No helmet can prevent serious head or neck injuries a player might receive while participating in football. Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result if severe head or neck injuries, paralysis or death to you and possible injury to your opponent.

Contact in football may result in concussion/brain injury which no helmet can prevent. Symptoms may include: loss of consciousness or memory, dizziness, headache, nausea, or confusion. If you have symptoms immediately stop playing and report them to your coach, trainer and parents. Do not return to a game or practice until all symptoms are gone and you have received MEDICAL CLEARANCE. Ignoring this warning may lead to another and more serious or fatal brain injury

I have read and understand the helmet warning.

Parent's Initials _____