

CONCUSSION MANAGEMENT POLICY

The Joint Recreation Commission (JRC) recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activities and can have serious consequences if not managed carefully. Therefore, the JRC adopts the following policy in order to support the proper evaluation and management of head injuries.

Concussion is a traumatic head injury. Concussion (as defined by the Mayo Clinic) 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.

JRC coaches will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any player exhibiting any signs, symptoms or behaviors consistent with a concussion while participating in a JRC program shall be removed from the game, practice, or activity and will be evaluated as soon as possible by a health care professional. The coach shall report to the JRC committee the details of the situation in writing as soon as possible, but in no event more than 48 hours after the event.

If a player sustains a concussion at a time other than when engaged in a JRC sponsored activity, the JRC expects the parent/legal guardian to report the condition to the child's coach or supervisor and the coach in turn will immediately report this information in writing to the JRC.

The player shall not return to any JRC activity until receiving authorization in writing to do so by a health care professional. Any player who continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider and provide documentation that the player has been cleared to return to the JRC activity.