



Youth Sports Concussion and Head Injury Prevention Policy

In 2013, the Tennessee General Assembly enacted Public Chapter 148. This act, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury, including continuing to play after concussion or head injury.

Every individual involved in youth athletics must become more proactive in identifying and treating athletes who show signs of concussion or head injury. In order to address this critical issue, it is Goodlettsville Parks and Recreation's policy that:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion such as loss of consciousness, headache, dizziness, confusion or balance problems, shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.

Education is the key to identifying and treating youth athletes who show signs of a concussion during athletic participation. It is very important that every administrator, coach, parent, official, athlete and health-care professional know the symptoms and steps to take when dealing with student-athletes that display signs of a possible concussion. Concussion can be a serious health issue and should be treated as such.

Goodlettsville Parks & Recreation Youth Athletics programs shall require the following:

1. Information concerning the nature, risk, and symptoms of concussion and head injury should be reviewed by all administrators, coaches, youth athletes, and their parent/guardian.
2. **Coaches** – Prior to the first practice or competition, all coaches (head & assistant, volunteer or paid) shall complete a concussion recognition and head injury safety education course program approved by the Tennessee Department of Health annually. Coaches must also review and sign a concussion and head injury information sheet each season.
3. **Parents/Guardians & Youth Athletes** – Prior to the first practice or competition, all youth athletes and the athlete's parent/guardian shall review a concussion and head injury information sheet. A form confirming this review shall be signed and returned by the youth athlete's parent/guardian.
4. **Removal of Player with Signs & Symptoms of Concussion or Head Injury** – Any youth athlete who shows signs, symptoms, and behavior consistent with a concussion shall immediately be removed from the activity or competition for evaluation by a licensed medical doctor, osteopathic physician, or a clinical neuropsychologist with concussion training and present a "Concussion Return to Play" clearance to Goodlettsville Parks and Recreation.
5. No youth athlete who has been removed from play due to suspected concussion shall return to practice or competition until the youth athlete is evaluated by a qualified health care provider and receives written clearance from the health care provider for a full or graduated return to play.
6. All documentation (including Coach Signature Forms, Player and Parent/Guardian Signature Forms, and Return to Play Forms) shall be maintained for a period of three years.