

RESOLUTION NO.: 2014-03

**A RESOLUTION ESTABLISHING AND ADOPTING THE TOWN
OF SIGNAL MOUNTAIN YOUTH SPORTS CONCUSSION
POLICY**

WHEREAS, the health and welfare of the youth of our community are of the utmost importance and the safeguarding of their wellbeing must take priority over any exercise of recreation or competition; and

WHEREAS, in 2013 the Tennessee General Assembly enacted Public Chapter 148; and

WHEREAS, effective January 1, 2014, this act 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; and

WHEREAS, this act requires that school and community organizations sponsoring youth athletic activities establish as policy the immediate removal of any youth athlete who shows signs, symptoms, and behaviors consistent with a concussion from the activity or competition and require compliance with guidelines for the youth athlete's return to physical activity in practice or competition.

NOW, THEREFORE, BE IT RESOLVED by the Town Council of the Town of Signal Mountain that the Town Manager is authorized to adopt the attached *TOWN OF SIGNAL MOUNTAIN YOUTH SPORTS CONCUSSION POLICY* and requires full compliance with same.



Bill Lusk, Mayor

1/10/14

Date



Recorder

1-10-14

Date

Town of Signal Mountain

Youth Sports Concussion Policy

INTRODUCTION

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. 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, the National Federation of State High School Associations (NFHS) includes the following language in every sport rule book publication.

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 youth athletes that display signs of a possible concussion. Concussion can be a serious health issue and should be treated as such. Accordingly, the Town's Youth Sports Concussion Policy is as follows.

1. Information concerning the nature, risk and symptoms of concussion and head injury should be reviewed by all league administrators, coaches, youth athletes and their parent or guardian. The Tennessee Department of Health has concussion information available online at <http://health.state.tn.us/TBI/concussion.htm>. The attached information includes a copy of *Signs/Symptoms of Concussion* the required Centers for Disease Control and Prevention concussion checklist which is also available at www.cdc.gov/concussion/pdf/TBI_schools_checklist_508-a.pdf.

Every individual involved in youth athletics must review concussion information prior to each sports season and sign a form that states this process has been completed. (Detailed below)

2. The NFHS has developed a free 20-minute online course entitled "Concussion in Sports – What You Need to Know." The course may be accessed at www.nfhslearn.com.

The Town's Recreation Director, league administrators and **all** coaches, whether employed or volunteer, must complete this course annually. Each league president/director must provide to the Town copies of certificates of completion for **all** coaches prior to Town facilities being utilized. Individuals who coach more than one sport need only complete the training annually but must supply a copy of their certificate at the beginning of each sports season.

Town of Signal Mountain Youth Sports Concussion Policy

3. Prior to the seasonal initiation of practice or competition the following persons must review and sign a *Concussion – Information and Signature Form for Coaches*: **all** coaches, league administrators and any appointed licensed health care professional. Each league president/director must provide to the Town copies of signature pages for **all** coaches prior to Town facilities being utilized.

4. Prior to the seasonal initiation of practice or competition, **all** youth athletes and the athlete's parent/ guardian must review and sign a *Concussion - Information and Signature Form for Student-Athletes & Parents/Legal Guardians*. Each league president/director must provide to the Town copies of signature pages for **all** athletes and parent/guardians prior to Town facilities being utilized.

5. Any youth athlete who shows signs, symptoms or behavior consistent with a concussion **shall** immediately be removed from the activity or competition pending evaluation by a licensed health care provider.

6. 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 health care provider and receives written clearance from the health care provider for a full or graduated return to play.

The attached *Tennessee Concussion Return to Play Form* has been approved by the Tennessee Department of Health and should be used for suspected injuries in practices and games. The form was adapted from the Acute Concussion Evaluation plan on the Centers for Disease Control and Prevention website www.cdc.gov/injury. It contains specific instructions that shall be followed before an athlete can return to sports. The form is to be completed and signed by a licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training before an athlete that has been removed from practice or a game may return to participate. A copy of the form must be provided to and kept on file by the Town of Signal Mountain Recreation Director.

7. All documentation of the completion of a concussion recognition and head injury safety education course program, signed concussion and head injury information sheets and any Return to Play Forms shall be maintained by the league and the Town of Signal Mountain for a period of three years.