

CITY OF MILLINGTON YOUTH SPORTS CONCUSSION POLICY

Effective 4-14-2014

(Adapted from the Tennessee Secondary School Athletic Association Concussion Policy)

The following information and forms comply with the Tennessee Sports Concussion law.

PURPOSE

In compliance with Tennessee Code Annotated Section 68-55-503, the City of Millington has adopted guidelines and forms as developed by the Tennessee Department of Health 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 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 student-athletes that display signs of a possible concussion. Concussion can be a serious health issue and should be treated as such.

POLICY

1. Information concerning the nature, risk and symptoms of concussion and head injury should be reviewed by all Millington Arts, Recreation & Parks full time employees, administrators, coaches, youth athletes and their parent or guardian. Every individual directly involved in City of Millington Arts, Recreation & Parks athletics must review concussion information annually and sign a form that states this process has been completed as set forth below. The Tennessee Department of Health has concussion information available on its website at <http://health.state.tn.us/tbi/concussion.htm>.

The required Centers for Disease Control and Prevention concussion checklist is available at [www.cdc.gov/concussion/pdf/TBI schools checklist 508-a.pdf](http://www.cdc.gov/concussion/pdf/TBI_schools_checklist_508-a.pdf). (See Concussion Signs/Symptoms Checklist attached).

2. All Millington Arts, Recreation and Parks full time employees and coaches, whether employed or volunteer, must annually complete a concussion recognition and head injury safety education course program approved by the Tennessee Department of Health. The concussion recognition and head injury safety education training programs are available on the Tennessee Department of Health website at <http://health.state.tn.us/tbi/concussion.htm>. The NFHS has developed a free 20-minute course online entitled "Concussion in Sports – What You Need to Know." The course may be accessed at www.nfhslearn.com.

3. Prior to the annual initiation of practice or competition, the following persons must review and sign a concussion and head injury information sheet: all coaches, the Recreational Sports Coordinator, the Arts, Recreation & Parks Department Director, and any other Millington Arts, Recreation and Parks full time employees. (See Concussion Information and Signature Form for Coaches *attached*). This form is to be signed annually.
4. Prior to the annual initiation of practice or competition, all youth athletes and the athlete's parent/ guardian should review a concussion and head injury information sheet. A form confirming this review (See Concussion Information and Signature Form for Athletes and Parents/Legal Guardians *attached*) shall be signed and returned by the youth athlete, if the athlete is 18 years of age or older; or, by the athlete's parent/ guardian, for athletes younger than 18 years of age. This form is to be signed annually.
5. All documentation of the completion of a concussion recognition and head injury safety education course program and signed concussion and head injury information sheets shall be maintained by the City of Millington's Arts, Recreation & Parks Department for a period of three years.
6. 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, if available, and if not, by the coach or other designated person. (See Tennessee Protocol for Response of Schools/Community-Based Youth Athletic Organization Representatives *attached*). In determining whether a youth athlete suffered from a possible concussion, the Centers for Disease Control and Prevention Concussion and Symptoms Checklist shall be utilized. (See CDC Concussion Signs and Symptoms Checklist *attached*).
7. 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.¹ The attached Concussion Return to Play Form has been approved by TDH and should be used in practices and games. (See Tennessee Concussion Return to Play Form *attached*). The form 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 kept on file at the office of Arts, Recreation & Parks for a period of three years.

Concussion Forms and Checklists

- Concussion Signs and Symptoms
- Concussion Form for Coaches
- Concussion Form for Student Athletes and Parent/Legal Guardian
- Tennessee Concussion Return to Play form

¹ This is not required if there is a legitimate explanation other than a concussion for the signs, symptoms or behavior observed. Tenn. Code Ann. § 68-55-503(b)(1)(G).