



## Town of Mansfield Parks and Recreation Department



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TO: Parents of Mansfield Parks and Recreation Youth Basketball Parents and Players  
DATE: September 2019  
SUBJECT: Concussion Education Information

Mansfield Parks and Recreation (MPRD) recognizes the potential danger and long-term health consequences related to concussions and the challenges related to diagnosing this form of traumatic brain injury. As a result we have implemented a more formal policy for our coaches that is intended to provide easy-to-understand guidelines related to players suspected of having a concussion or who have been diagnosed with a concussion. In addition, we encourage parents along with their children who are ages 10 and older to take a moment to review resources provided by the Centers for Disease Control and Prevention. Below is both a summary of what our coaches and staff are mandated to complete and some responsibilities for our parents and players (10 and older). If you would like a copy of the complete policy, it will be posted on our web site at [Mansfieldcc.com](http://Mansfieldcc.com) or you may contact our office.

### Summary of Responsibilities for Volunteer Coaches and Mansfield Parks and Recreation Staff

- Watch in its entirety, once every year, the educational video offered on Centers for Disease Control and Prevention or an approved equivalent. Print out the certificate certifying completion and turn it in to MPRD.
- Coaches will also be issued a copy of Centers for Disease Control and Prevention (CDC) “*Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches*” or an equivalent document.
- In the event of loss of consciousness or any situation a player is conscious but is indicating significant difficulty with coordination, memory, illness or other effects of a possible head injury the coach/staff will call 911 or will instruct another adult to call 911.
- When a player is suspected of having a concussion the coach/staff person will remove the player from the session and will not allow the player to return to play for the remainder of the session/game. The coach/staff person will keep the player out even if the player/parent insists that he or she is okay.
- The coach/staff will inform the player’s parent or guardian of the player’s symptoms as soon as possible. Ideally, the parent will be notified immediately.
- The coach/staff will not allow the player to return for a future session without written authorization from a licensed health care professional trained in the evaluation and management of concussions and written approval from MPRD administration.

### Parents Responsibilities

- If your child is diagnosed with or suspected of suffering a concussion during a MPRD session or during or any other activity outside MPRD youth sports, or if the child has a prior head injury, you are required to inform MPRD administration and the coach. Upon request, provide a written clearance to play authorization from licensed health care professional trained in the evaluation and management of concussions before allowing my child to return to play.
- We strongly encourage parents (along with their player 10 and older) to read the attached copy of the CDC’s “*Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents*” document and view the education video found at <http://www.cdc.gov/concussion/HeadsUp/Training/index.html> within the first two weeks of having been placed on a team and at least once annually while child is part of a MPRD youth sports program.

\*A copy of the full concussion policy may be found online at [www.mansfieldcc.org](http://www.mansfieldcc.org). (youth athletics/basketball)

# A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to or after* a hit or fall.

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

### GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

# A Fact Sheet for ATHLETES

## HEADS UP CONCUSSION

### WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

#### REPORT IT.



Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.

#### GET CHECKED OUT BY A DOCTOR.



If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other health care provider can tell if you have a concussion and when it's OK to return to school and play.



#### GIVE YOUR BRAIN TIME TO HEAL.



Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



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