



Lehi City Recreation Concussion Policy

Last Updated: September 2017

In compliance with Utah Code § 26-53-101 et seq., In any sports activity run by Lehi City Recreation and every agent, coach, site supervisor, referee, or employee thereof shall immediately remove a child under the age of 18 from participating in a sporting activity (game or practice) if a child is suspected of sustaining a concussion or a traumatic head injury.

1. A concussion is a type of traumatic brain injury—or TBI—that is caused by a bump, blow, or jolt to the head or 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. A concussion can occur during practices or games and can happen even if a child does not lose consciousness. Some symptoms may not show up for hours or days. All concussions are serious and can affect a child's ability to do schoolwork and other activities. Most children with a concussion fully recover, but it is vital to give the concussed child's brain time to heal.
2. Children who continue to play while having a concussion or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child for a lifetime and can even be fatal. It is important that a concussed child rest and not participate in sporting events until the child receives clearance from a qualified health care provider that the child is symptom free and it is safe for that child to again participate.
3. When a coach or other authorized representative of the City suspects that a child has sustained a concussion or a traumatic head injury, the child shall be immediately removed from participating in the sporting event.
4. Once a child is removed, the child shall be prohibited from participating in a City sporting event until the child is evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion and provides the City with a written statement that: a) the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and b) the child is cleared to resume participation in the City's sporting event.
5. Lehi City Recreation Staff will NOT be expected to "diagnose" a concussion. Staff includes: Director, Coordinators, Site Supervisors, Officials and Scorekeepers. The Staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions in compliance with CDC concussion standards. Staff will not be asked to give what could be perceived as a medical opinion. If a Staff member observes questionable signs, symptoms, or behavior, the Staff member will notify the coach and the player will be removed from the sporting event.

I release and agree to hold harmless the City from any and all claims, demands, losses, liabilities, damages, costs and fees from concussions or head injuries that arise or may arise. (Initial) _____