



# Concussion Awareness

August 30, 2015



# Agenda

- CT Law
- What is a Concussion
- Concussion Awareness for Coaches
- Concussion Awareness for Parents
- Concussion Awareness for Players
- Next Steps
- Final Thoughts
- Resources



# CT Law – Applies To

"Youth athletic activity"

An organized athletic activity involving participants of not less than seven years of age and not more than nineteen years of age, who:

- A. Engage in an organized athletic game or competition against another team, club or entity or in practice...
- B. Pay a fee to participate in such organized athletic game or competition...
- C. The new law's definition of 'Operator' means CJSA & CJSA clubs.



# What's Required

- Not later than January 1, 2016, and annually thereafter, each operator of a youth athletic activity shall make available a written or electronic statement regarding concussions to each youth athlete and a parent or legal guardian of each youth athlete participating in the youth athletic activity.
- Such written or electronic statement shall be made available upon registration and the new CT law says that any information provided must be consistent with the most recent information developed by the National Centers for Disease Control & Prevention.



# What's Required Continued

Such written or electronic statement shall include educational content addressing, at a minimum:

1. The recognition of signs or symptoms of a concussion,
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion,
3. The nature and risks of concussions, including the danger of continuing to engage in youth athletic activity after sustaining a concussion, and
4. The proper procedures for allowing a youth athlete who has sustained a concussion to return to athletic activity.



# The Good News

No operator, or designee of such operator, shall be subject to civil liability for failing to make available the written or electronic statement regarding concussions pursuant to subsection (b) of this section.



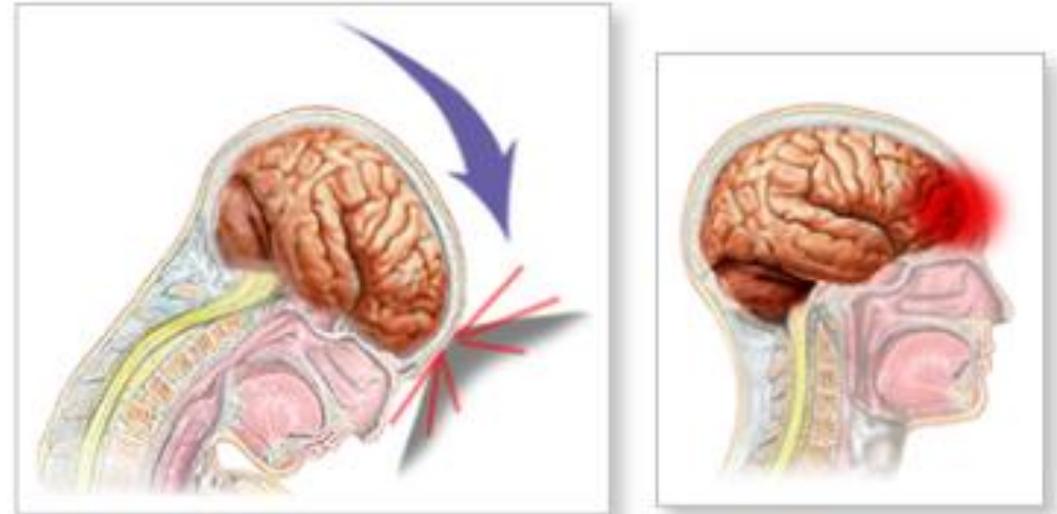
# What is a Concussion?

A type of traumatic brain injury, caused by a bump, blow, or jolt to the head.

Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth-literally causing the brain to bounce around or twist within the skull.

The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

A concussion is a violent jarring or shaking that results in a disturbance of brain function



# For Coaches



To help spot a concussion you should watch for and ask others to report the following two things:

1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.

AND

2. Any concussion signs or symptoms, such as a change in the athlete's behavior, thinking, or physical functioning.



# Signs Observed by the Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of 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 hit or fall
- Can't recall events after hit or fall



# What to do



- Remove the athlete from play
- Ensure that the athlete is evaluated right away by an appropriate health care professional
- Inform the athlete's parents or guardians about possible concussion and give them the fact sheet on concussions
- Keep the athlete out of play the day of the injury.
- Do not return the athlete to play or practice until a health care professional, experienced in evaluating/managing concussion, has cleared them to do so in writing.



# For Parents

What should you do if you think your child has a concussion?

1. Seek medical attention right away
2. Keep your child out of play
3. Tell your child's coach about any previous concussion



# For Players



If you think you have a concussion, you should not return to play on the day of the injury and until a health care professional says you are OK to return to play.

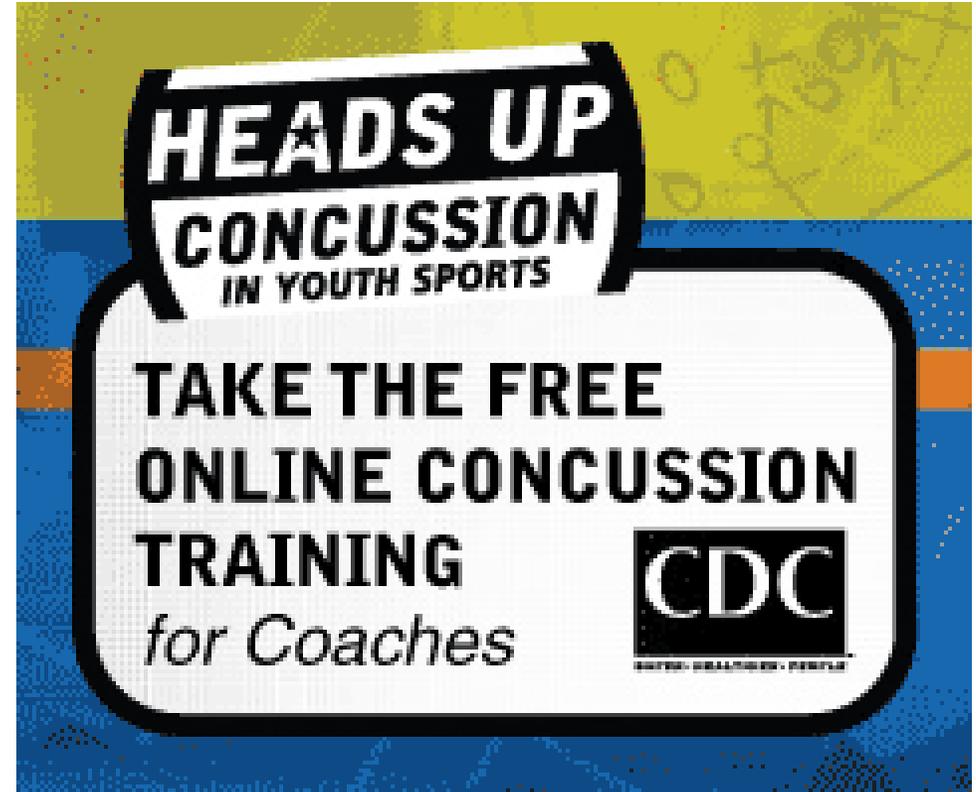
- Don't hide it. Report it
- Get checked out
- Take care of your brain

**“IT’S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON.”**



# Next Steps

- Prepare concussion information for coaches, players and parents
- Determine how to distribute information (written or electronic)
- Communicate prior to spring 2016 registration



# Final Thoughts

Add a disclaimer to your website:

The purpose of the Concussion Awareness page is to help educate coaches, players, and parents about concussions. The (Insert YOUR Club Name here) does not provide medical advice. The information, including but not limited to text, graphics, images and other material on this page is strictly for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding concussion treatment.



# Resources

CDC: HEADS UP to Youth Sports (<http://www.cdc.gov/headsup/youthsports/index.html>)

US Soccer (<http://www.ussoccer.com/about/federation-services/sports-medicine>)

CJSA Website ([www.cjsa.org](http://www.cjsa.org))

Simsbury Soccer Club – Concussion Awareness Page  
(<http://simsburysoccer.org/Page.asp?n=93345&org=simsburysoccer.org>)



