

## New Bern Parks and Recreation Concussion Policy

In 2011, the State of North Carolina created a law, which covers all middle and high school interscholastic sports. That law includes a training program, education and consent, immediate removal from play; no same day return to play guidelines, follow up protocol, and an emergency action plan. New Bern Parks and Recreation has created this policy to follow the protocol established by the NC Concussion Awareness Act and the CDC Heads Up program.

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 for the game/activity and shall not return to play until cleared by an appropriately trained health care professional.

The concussion policy shall be enforced for all youth and adult athletic programs sanctioned by the department and/or occurring on city park property, where there may be an opportunity for head trauma as a result of impact. Guidelines established by helmet manufacturers shall be following when fitting athletes for safety helmets for baseball, Football, Lacrosse, Skateboarding and any other sanctioned activity that requires a helmet.

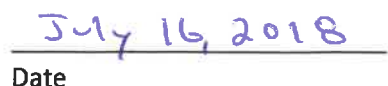
In order to educate the participants and/or parents of these activities, the following guidelines shall be following by parks and recreation staff:

1. All Program Coordinators, Youth/Adult Sport Coaches, and Officials shall be trained in the Concussion protocol. This training shall occur prior to the beginning of each sports season. Training includes: Videos and handouts provided by the CDC.
2. Program Coordinators shall have access to the CED Heads Up app to help spot a possible concussion on site.
3. Registration for youth and adult sports activities shall include the concussion information and sign off sheet. This information will be available for onsite and online registration. Once the onsite registration is complete, the signed paperwork shall be uploaded to the participant file. The participant shall receive a copy of the Concussion information.
4. For organized activities, prior to the first practice, the coach shall educate participants by reviewing the Fact Sheet for Athletes as updated by the CDC Heads Up program.
5. Once a concussion is reported, the athlete will be removed from the activity.
6. An accident/incident report shall be submitted to Parks and Recreation Administration.
7. The athlete will be referred to a doctor for clearance before returning to play.

Approved by:



Foster Hughes, CPRE  
Director of Parks and Recreation



Date