



Concussion Policy

Berkshire Running Camp (BRC) has developed this protocol to educate camp staff, parents, and campers about appropriate concussion management. This protocol outlines procedures for camp staff to follow in managing concussions and outlines BRC policy as it pertains to return to play issues following a concussion.

A safe return to activity protocol is important for all campers following any injury, but it is essential after a concussion. The following procedures have been developed to ensure that concussed campers are identified, treated, and referred appropriately.

Prevention and Training

All BRC staff are to receive the HeadsUp Concussion Action Plan and Information sheet annually. These policies and procedures are to be reviewed with staff at the Staff Training Meeting and prior to the start of camp session.

All activities are to be planned to limit possible head injuries and contact. Camp and activities directors will review activities to insure safety precautions are implemented.

All campers and parents will receive a copy of the HeadsUp Concussion action plan and information sheet along with the camp rules and regulations.

Recognition of Concussion

These signs and symptoms—following a witnessed or suspected blow to the head or body—are indicative of probable concussion.

Signs (observed by others):

Appears dazed or stunned Exhibits confusion
Forgets plays
Unsure about game, score, opponent Moves clumsily (altered coordination) Balance problems
Personality change
Responds slowly to questions Forgets events prior to hit
Forgets events after the hit
Loss of consciousness (any duration)

Symptoms (reported by camper):

Headache
Fatigue
Nausea or vomiting
Double vision, blurry vision Sensitive to light or noise Feels sluggish
Feels “foggy”
Problems concentrating Problems remembering

Any camper who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed immediately from the competition or practice and will not be allowed to return to play until cleared by an appropriate health care professional.

Management and Referral Guidelines for All Staff

The following situations indicate a medical emergency and require activation of the Emergency Protocol:

- Any camper with a witnessed loss of consciousness (LOC) of any duration
- Any camper who has symptoms of a concussion and who is not stable (i.e., condition is worsening)
- Decreased level of consciousness.
- Decrease or irregularity in respirations.
- Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding.
- Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation.
- Seizure activity.

Guidelines and Procedures for BRC Staff:

Recognize concussion

- All BRC staff at camp should become familiar with the signs and symptoms of concussion that are described above.
- Staff will review HeadsUp Concussion Action Plan and Information Sheet annually

Removal from Play

- Any camper who exhibits signs, symptoms, or behaviors consistent with a concussion (such as LOC, headache, dizziness, confusion, or balance problems) must be removed immediately from the competition or practice and not allowed to return to play until cleared by an appropriate health care professional.

When in doubt, sit them out!

Refer the camper for medical evaluation:

Report any suspected head injuries to the Health Care Supervisor and/or athletic trainer on staff.

The Health Care Supervisor is responsible for notifying the camper's parents of the injury.

Follow Up Care

- The camper will be instructed to report to the Health Care Supervisor or other Athletic Trainer upon his or her return to camp.

The Health Care Supervisor and/or athletic trainer will:

- Reevaluate the camper using a graded symptom checklist.
- Monitor the camper on a regular basis throughout the camp day/week.

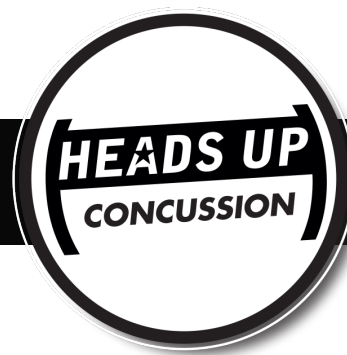
Return to Play (RTP) Procedures after Concussion

- Return to activity and play is a medical decision.
- The camper must meet all of the following criteria in order to progress to activity:
- Asymptomatic at rest and with exertion (including mental exertion in school).

AND

- Have written clearances from a physician (MD) or physician's assistant (PA).

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

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

CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY 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



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CONCUSSION INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

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 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 OR COACHES

- 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.”

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

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.
 - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; 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. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



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