

Campers will participate in a variety of activities while at camp. As with all physical activities there is a chance that a child may receive a concussion. In the event that a child shows signs of a concussion then they will be evaluated by a member of our healthcare staff and will be removed from activities until assessed by our camp doctor or medical facility, if it is deemed necessary. All camps are required by the State of Connecticut to provide you with the following information on Concussions:

### **CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS "WHEN IN DOUBT – SIT IT OUT"**

A concussion is a type of traumatic brain injury or (TBI), "that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost" (Centers for Disease Control and Prevention, 2009).

#### **SIGNS AND SYMPTOMS OF A CONCUSSION**

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like): Confusion / disorientation / irritability - Act silly / combative / aggressive - Trouble resting / getting comfortable - Repeatedly ask same questions - Lack of concentration - Dazed appearance - Slow response / drowsiness - Restless / irritable - Incoherent / slurred speech - Constant attempts to return to play - Slow / clumsy movements - Constant motion - Loss of consciousness - Disproportionate / inappropriate reactions - Amnesia / memory problems - Balance problems
2. Symptoms of a concussion may include (what the athlete reports):
  - Headache or dizziness - Over sensitivity to sound / light / touch - Nausea or vomiting - Ringing in ears - Blurred or double vision - Feeling foggy or groggyNote: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

#### **PART II – RETURN TO PARTICIPATION (RTP)**

Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physician's Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions. For more information check out <http://www.cdc.gov/headsup/index.html>