



HEADS UP: CONCUSSION IN YOUTH SPORTS ... A Fact Sheet for Parents and Players

The Baltimore Football Academy Inc above all else values the health and well being of our players, participants, staff, parent and spectators. Safety comes first in all matters. We have created this fact sheet and information to help you understand concussions and the proper way to identify them and care for them immediately.

What is a concussion?

A concussion is an injury 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,” also referred to as “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. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Signs Observed by Players or Guardians

- 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 behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall
- 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
- Does not “feel right”

How Can You Help Prevent A Concussion?

- Every sport is different, but there are steps you can take to protect yourselves from concussion.
- Ensure that you follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Always wear the right protective equipment you are issued (such as helmets, padding, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. (Note: The helmet, while it helps, does not itself prevent concussions or other head injuries. Proper fundamentals, safe play, cannot be overemphasized.)
- Learn the signs and symptoms of a concussion.

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

Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

Keep your child out of play. Concussions take time to heal. Do not return your child to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

Tell your Coach or Official about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you have any questions, comments or concerns, please feel free to reach out to The Baltimore Football Academy Inc immediately.

RYSI Football COVID 19 Policy and guidelines for practice as of 9/6/20:

TACKLE PLAYER Pre-Practice Screening Survey (to be filled out by 4:00 each day of practice):
<https://forms.gle/Maq7fabqG7gq5zYz8>

COACH/VOLUNTEER Pre-Practice Screening Survey (to be filled out by 4:00 each day of practice):
<https://forms.gle/EPaTXvBBZK9ypE9p8>

RYSI Football will be following the guidelines put out by the NJ Department of Health (NJDOH), Center for Disease Control and Prevention (CDC) and Pop Warner. The public health data on which this document is based can change frequently, we will check regularly for updates.

GUIDANCE FOR PRACTICES:

Players should stay home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID- 19. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Players that have traveled to any of the States listed on the NJ 14 day quarantine should check the following website for quarantine recommendations: <https://www.nj.gov/health/cd/topics/ncov.shtml>

A google COVID 19 screening survey will be sent to all team members prior to the first practice. The survey must be completed 2 hours before practice on the day of every practice or game. Survey answers will be reviewed by the head coach. Any “yes” answers to the survey will require further review before a player is allowed to attend practice.

Players and Coaches with COVID 19 symptoms or exposure to COVID 19 will need to quarantine for 14 days before returning to practice or provide a doctors’ note for clearance to return to play.

Coaches will also complete the google pre-screening survey daily and have their temperature taken prior to practice.

We will be using a car line for drop off and pick up. Detailed drop off and pick procedures will be sent out prior to the 1st practice.

Drop off times will be staggered. Please refer to emails on your player(s) specific drop off time.

Players will need to check in wearing their mask and have their temperature taken before exiting the car. Anyone with a temperature over 100.4 will not be allowed to participate.

Social distancing rules will be in place and we ask parents to remain in their cars at drop off and pick up. If a parent needs to get out of their car, social distancing rules must be followed and they must be wearing a mask.

No spectators at practice. Details regarding spectators at the games will be sent later.

Players must bring a bag with plenty of water, their own hand sanitizer and all of their personal football equipment (mouthguards, gloves etc.)

Teams will be assigned a section on the field. Players will be assigned a "quadrant". All personal bags must be spaced apart on the sideline.

Players will not be allowed to share water or hand sanitizer.

Congregating before, during, and after practice will be discouraged.

The type of contact found in football can vary greatly and can be adjusted to meet local distancing guidelines.

Players must sanitize their hands at the beginning of practice, before and after water breaks, after using the bathroom.

Coaches will wear masks at all times. Players will wear masks for the entire check in process.

Face coverings should be snug-fitting, should not impede vision or movement and should be soft and pliable with no exposed metal