



BHST CONCUSSION POLICY AND ACTION PLAN FOR MEMBERS POLICY AND ACTION PLAN

If a BHST athlete under the age of 18 years is suspected of having sustained a concussion or minor traumatic brain injury, the following steps must be taken:

1. The athlete must be removed immediately from participation in the BHST sporting event (sanctioned training, practice, camps, competitions, or tryouts), by the Technical Delegate (TD) or BHST member coach overseeing such sporting event.
2. The athlete should be evaluated by a qualified health care provider trained in the evaluation and management of concussive head injuries.
3. The athlete's parents or guardians must be informed about the possible concussion.
4. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in BHST sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to BHST in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made.

Notice to the BHST board of directors upon removal of an athlete from participation for a suspected concussion or traumatic brain injury, the TD or BHST member coach making the removal must inform the BHST board of directors. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to the BHST board of directors in order to be permitted to participate in BHST sporting events.

About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Risk of Continued Participation

A repeat concussion that occurs before the brain recovers from the first-usually within a short period of time (hours, days, or weeks)-can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

BHST recommends that Members review the Center for Disease Control's resources on concussion awareness at the following link: <https://www.cdc.gov/headsup/index.html>

[]* I HAVE CAREFULLY READ THE FOREGOING AND UNDERSTAND IT TO BE A LEGALLY BINDING
RELEASE AND INDEMNITY AGREEMENT

ATHLETE NAME: _____

PARENT OR LEGAL GUARDIAN NAME: _____

SIGNATURE OF PARENT OR LEGAL GUARDIAN: _____

DATE: _____