

Woolridge Athletic Association Concussion & Return to Play Policy

Effective July 1, 2014, the Virginia General Assembly approved an amendment to § 22.1-271.5 of the Code of Virginia regarding concussions. Chesterfield County now requires all cosponsored groups providing youth recreation programs, athletic instruction or events on county facilities to have concussion guidelines that follow §22.1-271.5 of the Code of Virginia.

I. Definition of Concussion

A brain injury that is characterized by an onset of impairment of cognitive and /or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head. A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual.

II. Signs and Symptoms

Signs observed by parents 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 |
| + confusion | + feeling sluggish, hazy, foggy, or groggy |
| + does not "feel right" | + concentration or memory problems |

III. The Gradual Return to Play Progression Program

If an athlete is suspected of having incurred a concussion during practice or play, this policy will be followed:

1. Removal from activity
2. Notification of parent/guardian regarding the incident
3. Doctor's release by a licensed health care provider required to return to practice or games with the Woolridge Athletic Association.
4. The athlete will begin gradual return to play progression which will take a minimum of 5 to 7 days to complete depending on the nature of the sport to resume full game participation, provided symptoms do not return.

IV. Acknowledgement by Parents/Guardians and Athletes

I have reviewed the information concerning concussion and return to play procedures.

Athlete Name PRINTED

Athlete Name SIGNATURE

Date

Parent/Guardian Name PRINTED

Parent/Guardian Name SIGNATURE

Date

For more information on concussions, visit: www.cdc.gov/Concussions

CHAPTER 760

An Act to amend and reenact § 22.1-271.5 of the Code of Virginia, relating to student-athletes; concussion guidelines and policies.

[H 410]

Approved April 7, 2014

Be it enacted by the General Assembly of Virginia:

1. That § 22.1-271.5 of the Code of Virginia is amended and reenacted as follows:

§ 22.1-271.5. Guidelines and policies and procedures on concussions in student-athletes.

A. The Board of Education shall develop and distribute to each local school division guidelines on policies to inform and educate coaches, student-athletes, and their parents or guardians of the nature and risk of concussions, criteria for removal from and return to play, and risks of not reporting the injury and continuing to play, *and the effects of concussions on student-athletes' academic performance.*

B. Each local school division shall develop policies and procedures regarding the identification and handling of suspected concussions in student-athletes. Such policies shall require:

1. In order to participate in any extracurricular physical activity, each student-athlete and the student-athlete's parent or guardian shall review, on an annual basis, information on concussions provided by the local school division. After having reviewed materials describing the short- and long-term health effects of concussions, each student-athlete and the student-athlete's parent or guardian shall sign a statement acknowledging receipt of such information, in a manner approved by the Board of Education; and

2. A student-athlete suspected by that student-athlete's coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice or game shall be removed from the activity at that time. A student-athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury shall not return to play that same day nor until (i) evaluated by an appropriate licensed health care provider as determined by the Board of Education and (ii) in receipt of written clearance to return to play from such licensed health care provider. The licensed health care provider evaluating student-athletes suspected of having a concussion or brain injury may be a volunteer.

C. *Each non-interscholastic youth sports program utilizing public school property shall either (i) establish policies and procedures regarding the identification and handling of suspected concussions in student-athletes, consistent with either the local school division's policies and procedures developed in compliance with this section or the Board's Guidelines for Policies on Concussions in Student-Athletes, or (ii) follow the local school division's policies and procedures as set forth in subsection B.* In addition, local school divisions may provide the guidelines to organizations sponsoring athletic activity for student-athletes on school property. Local school divisions shall not be required to enforce compliance with such policies.

D. *As used in this section, "non-interscholastic youth sports program" means a program organized for recreational athletic competition or recreational athletic instruction for youth.*

2. That the Board of Education shall review and revise the guidelines as necessary, pursuant to subsection A of § 22.1-271.5 of the Code of Virginia, and shall work with the Virginia High School League, the Department of Health, the Virginia Athletic Trainers Association, the Virginia Physical Therapy Association, representatives of the Children's Hospital of the King's Daughters and the Children's National Medical Center, the Brain Injury Association of Virginia, the American Academy of Pediatrics, the Virginia College of Emergency Physicians, the Virginia Academy of Family Physicians, the Virginia Association of School Nurses, a representative from a non-interscholastic youth sports program, and any other interested stakeholders.