

# WHAT IS NEEDED TO BE IN COMPLIANCE

## Brigham City Recreation

- ❖ Shall ensure that all coaches are educated in the nature and risk of concussions prior to the first practice/competition. This education shall include signs and symptoms of concussions. (Resources for this education are available below). Shall annually require all players and the parent(s)/guardian(s) of those players to sign and return an informed consent form relating to the nature and risk of concussions. Shall ensure that any player showing signs or symptoms of concussion is removed from participation/competition immediately, and not allowed to return to play until they have written clearance from a licensed health care provider trained in the evaluation and management of concussion.

## Coaches

- ❖ Shall be educated as to the nature and risk of concussion including continuing to play after concussion or head injury. This education shall include signs and symptoms of concussions. Shall educate their athletes on the signs and symptoms of concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms. Shall immediately remove from participation/competition any athlete who is suspected of sustaining concussion. Shall not allow an athlete who has been removed from play because of a suspected concussion to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of concussion. Shall review the coach's resource packet provided by the Recreation Department.

## Parents/Guardians

- ❖ Shall annually review and sign an informed waiver and consent form prior to the athlete initiating practice or competition.

## Athletes

- ❖ Are encouraged to notify a coach or parent if they or a teammate exhibit signs or symptoms of a concussion.

## Qualified Health Care Providers

A qualified health care provider is someone who meets all of the following requirements:

- A health care provider who is licensed in the State of Utah under the Division of Occupational and Professional Licensing Act.
- May evaluate and manage a concussion within the health care provider's scope of practice.
- Successfully completed a continuing education course in the evaluation and management of a concussion every three years.