

AAYSA Concussion Awareness & Prevention Policy

AAYSA is committed to providing a safe environment for all participants. This policy establishes standards for concussion awareness, prevention, recognition, & response within our organization.

Concussion Education & Awareness

AAYSA will maintain and regularly promote a concussion awareness and safety recognition program for all coaches, parents, and participants. This includes, but is not limited to:

- The **CDC Heads Up Concussion in Youth Sports** online training (<https://www.cdc.gov/ConcussionInYouthSports>)

AAYSA will communicate concussion education materials in writing, including electronically, to all coaches, parents, & parties involved.

Organizational Responsibilities

AAYSA ensures that all coaches and volunteers:

- Understand what a concussion is and the potential short- and long-term consequences
- Can recognize common concussion signs and symptoms
- Know how to respond appropriately when a concussion is suspected
- Are prepared to follow safe return-to-play procedures

Required Response When a Concussion Is Suspected

If a participant is suspected of having sustained a concussion, AAYSA coaches and volunteers must follow these five mandatory steps:

Step 1 — Remove the Athlete From Play

Immediately remove the athlete from participation if they experience a bump, blow, or jolt to the head or body.

When in doubt, sit them out.

Step 2 — Ensure Evaluation by a Qualified Health Care Professional

The athlete must be evaluated by a health care professional experienced in concussion assessment.

Step 3 — Document Key Injury Information

Coaches should record the following details to assist medical professionals:

- Cause of the injury and force of impact
- Any loss of consciousness and duration
- Any memory loss immediately following the injury
- Any seizure activity
- Number of previous concussions (if known)

Step 4 — Inform Parents/Guardians

Parents or guardians must be notified of the possible concussion and provided with concussion information. They must be advised to seek evaluation from a qualified health care professional.

Step 5 — Restrict Return to Play

The athlete may **not** return to play on the day of the injury.

They may only resume participation when:

- A qualified health care professional states the athlete is **symptom-free**, and
- Provides written clearance for return to play

A repeat concussion before full recovery can lead to prolonged symptoms, long-term complications, brain swelling, permanent damage, or, in rare cases, death.

Compliance

All AAYSA coaches, volunteers, and teams must comply with this policy. Failure to follow concussion protocols may result in disciplinary action, including removal from coaching responsibilities.