



## **TBK Camp Concussion Policy**

All members of the TBK coaching and training staff have undergone training through the CDC's online concussion protocol program. If any member of our TBK coaching staff or training staff suspects that a camper has sustained a concussion, that camper will be immediately removed from play. The camper's parents will be notified as soon as possible. Additionally, a camper will not be permitted to resume camp activities until written notification from a medical professional indicates that the camper has been cleared to fully resume goalkeeper training.

If any of the following signs related to a head injury are observed by a member of TBK staff, that will serve as an indication of a possible concussion:

- Can't recall events *prior to or after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

If any of the following signs related to a head injury are reported by a camper to a member of TBK staff, that will serve as an indication of a possible concussion:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”.

If any of the following signs appear in a camper who has suffered a head injury, these will be taken as “danger signs” of a serious head injury, and TBK staff will call 911 for immediate medical assistance:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

**At TBK camps, the health and safety of our campers is the number one priority. Accordingly, we will take all appropriate measures to ensure that suspected concussions are treated with prompt attention to detail and that no camper is rushed back into action without proper medical authorization. For resources used in creating this document, see the CDC website’s “Heads Up” program: <https://www.cdc.gov/headsup/index.html>.**