



FOOTBALL

2018 Head Safety Policy



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- **Mission**
 - Create the safest environment for the Southern Marin Youth Football (SMYF) player athletes
 - Establish the SMYF Association as a Pop Warner leader in practices and protocols regarding head safety
- **Purpose**
 - To maximize the safety for our football players with respect to head safety (e.g. concussions) by standardizing our approach to
 - Pre-season preparation,
 - Initial assessment of suspected concussed athletes by professional medical staff,
 - Facilitating the safe return to play of concussed athletes, and
 - Protecting players from excessive cumulative brain injury
- **Authority**
 - The SMYF Vice President has accountability for the implementation, operation, compliance, and measurement / reporting of this procedure
- **Enforcement & Appeals**
 - There is no appeal process for this policy by the head coach, assistant coach, player, or parent for any head safety event.



Definition of a Concussion

- For the purposes of this policy the Southern Marin Broncos will refer to the:
 - U.S. Center for Disease Control. Additional information is available via this [link](#).
 - Zurich 2012 Statement on Concussion in sports. A full text version of the statement can be found via this link [2012 Zurich Definition of a Concussion](#).

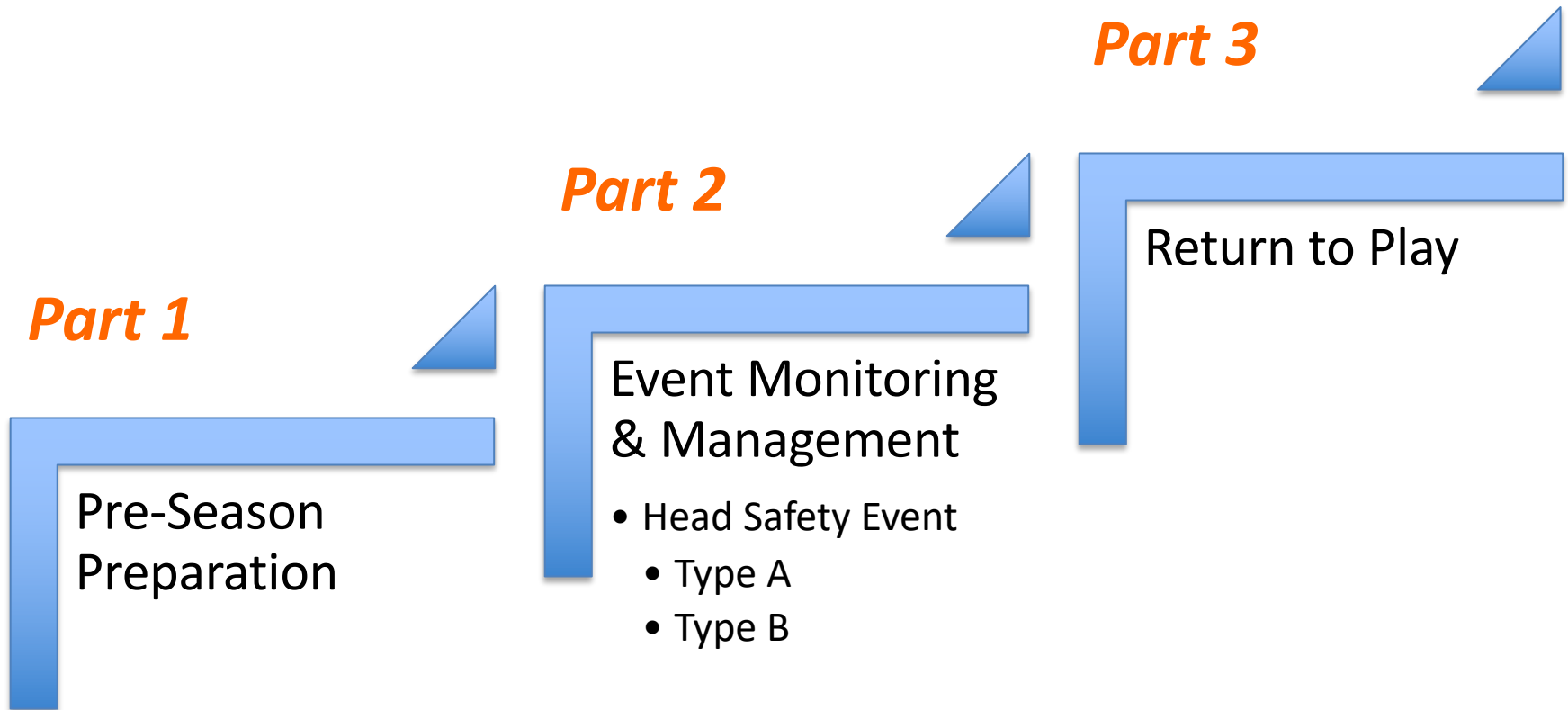
Definition of a Head Safety Event



- For the purposes of this policy the SMYF Association define a head safety event as one of the following types:
 - A. Type A - Suspicion of Concussion – Resulting from a sideline concussion assessment performed by any coach at anytime as described in Part 2 – Head Safety Event Type A
 - B. Type B – Helmet Sensor Alert – When the helmet sensor indicates a potentially concussive event while the helmet is on the player’s head.

Head Safety Process

3 Part Process





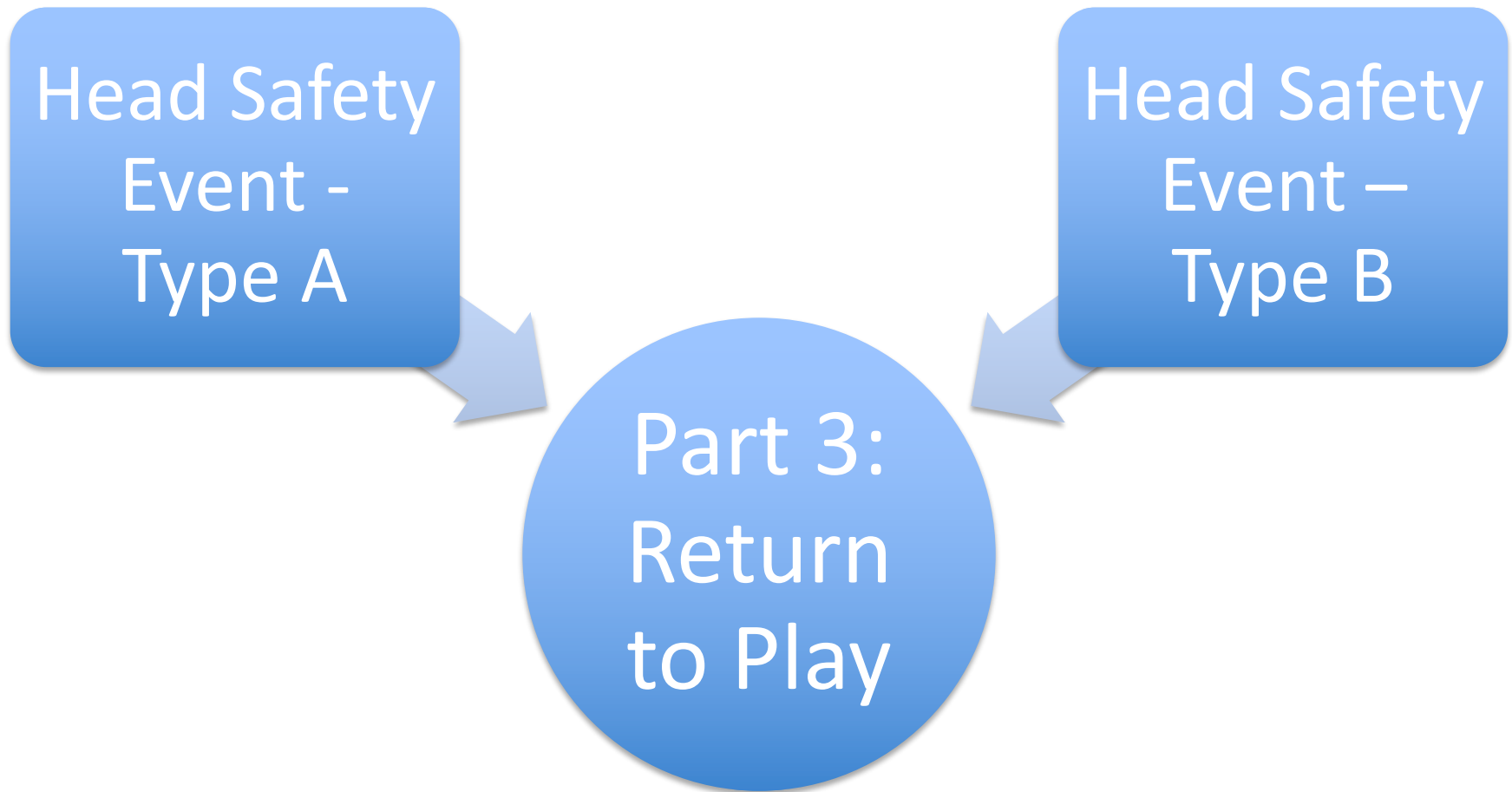
Part 1: Pre-Season Preparation

Baseline Tests & Common Sensors

- Baseline test every player prior to any team contact participation using the following:
 - Baseline Test - administered by Marin General, an SMYF approved external 3rd party

Part 2: Event Monitoring & Mgmt.

Summary



There are no appeals by the head coach, assistant coach, player, or parent for any head safety event.



Part 2: Event Monitoring & Mgmt.

Head Safety Event Type A

1. All players, coaches, and parents have a responsibility to observe the health and safety of all SMYF player athletes, and to act with the highest degree of integrity consistent with our football culture if they suspect a player athlete is at risk from a head safety perspective. In doing so, we keep a high index of suspicion for concussion.
2. A concussed athlete may not present with obvious symptoms and may not realize they have a concussion. Coaches and other players may notice confusion or poor execution of plays in a teammate, and it is the player's and coach's responsibility to report any concerns to coaching and or SMYF rostered staff. An athlete may also hide symptoms for fear of being removed from the game; therefore, it is tantamount that all players, coaches, and parents are educated about the signs and impact of concussive hits.
3. The following events trigger a sideline concussion assessment
 - Any loss of consciousness
 - Player is slow to get up following a hit to the head
 - Player is observed to have motor coordination/ balance problem
 - Player has an unusual blank or vacant look
 - Player is disoriented
 - Player is clutching his head after a hit
 - If player reports any of the following symptoms: Headache, Dizziness, Balance or coordination difficulties, Nausea or vomiting, Amnesia regarding the circumstances surrounding the injury, Cognitive slowness, Light/ sound sensitivity, Disorientation, Visual disturbance, Tinnitus (ringing in the ears)
 - It is important to keep a high index of suspicion for concussion. A concussed athlete may not present with obvious symptoms and may not realize they have a concussion - use this opportunity to observe player behavior beyond just the players responded to questions - he may not want to report his condition so the EMT (in game situations) must use his/ her best judgment based on observation.



Part 2: Event Monitoring & Mgmt.

Head Safety Event Type A (continued)

4. Based on this sideline assessment, a coach can declare a “suspicion of a concussion” or head safety event type A.
 - Any coach can declare a type A head safety event: suspicion of a concussion.
 - To declare a type A head safety event, the assessing coach will notify the head coach.
 - To reiterate, there can be no appeal by the head coach, assistant coach, player, or parent for a type A head safety event.
5. In the case of a type A head safety event, the player athlete is removed from all physical activity immediately and the Part 3: Return to Play protocol is invoked.



Part 2: Event Monitoring & Mgmt.

Head Safety Event Type B

1. This protocol is in force whenever the player is wearing their helmet on their head.
2. If the helmet sensor or any supplemental device (e.g. network connected smart phone) indicates that a potentially concussive situation has occurred for a player using our monitoring technology, a type B head safety event is declared.
 - Any coach, player, or parent can declare a type B head safety event upon noticing and communicating the alert from the helmet sensor device to the head coach.
 - To declare a type B head safety event, the coach, player or parent will notify the head coach.
 - To reiterate, there can be no appeal by the head coach, assistant coach, player, or parent for a type B head safety event.
3. In the case of a type B head safety event, the player athlete is removed from all physical activity immediately and the Part 3: Return to Play protocol is invoked.

Part 3: Return to Play

Type A or B



- If a head safety event occurs (type A or B) the following protocol will be enforced.
 - **Step 1 - Coaches Intervention**
 - Player immediately taken off the field of play
 - Player's parent or guardian is notified
 - Head Coach communicates a summary of the event in writing to the Parent, Vice President, Athletic Director, and President of the Broncos within 24 hours of the event.
 - Player is ineligible to play until the Return to Play criteria is complete
 - **Step 2 - Parent / Guardian Intervention**
 - Parent consults their child's primary doctor for diagnosis options no later than 72 hours from the head safety event.
 - Player to perform the re-baseline testing no earlier than 48 hours after the head safety event.
 - At the family's discretion, the player may be evaluated by either a neuropsych or concussion management specialist.
 - Player's primary doctor will evaluate the baseline test results to assign a remediation protocol, or issue a written notice (email is acceptable) releasing the child to return to the field.
 - **Step 3 - If a concussive hit is confirmed by a medical professional**
 - Player and parents of player must adhere to the remediation protocol as suggested by both aforementioned parties
 - Possible remediation recommendations include but are not limited to:
 - Prescribed period of rest
 - Prescribed absence from school related activities
 - Prescribed period away from "screen" based activities; including video games
 - Prescribed period away from any strenuous activity
 - **Step 4 - Return to Play Criteria**
 - Successful completion / compliance with remediation protocol, AND
 - Doctor note (Email is acceptable) submitted to Head Coach, Vice President and President, AND
 - Return to play to be granted in writing (email is acceptable) by the Vice President or President of the Broncos