

335 – Head Injury, Concussions and Sudden Cardiac Arrest

1.0 Purpose Statement

The Tukwila Pool Metropolitan Park District (TPMPD) is committed to reducing head injuries, concussions and incidents of Sudden Cardiac Arrest in youth sports and activities. RCW 4.24.660 and chapter 28A.600 RCW establish statutory protections and education requirements that are appropriate for private, nonprofit youth sports associations that desire to use the TPMPD facilities.

2.0 Policy

Although the law generally directs these instructions to school districts and the Washington Interscholastic Activities Association (WIAA), the law also specifies that private, nonprofit youth sports associations wanting to use publicly owned playfields are required to comply with the law. TPMPD requires all youth sports activities using TPMPD property or facilities to comply with this law.

All programs will have the approved concussion form and approved sudden cardiac arrest form (when available from the State) available as part of the sign up and registration process. No youth users can start a program or lesson until the parents or legal guardians have signed the **Concussion Compliance Release Form** (see Attachment A) and the **Sudden Cardiac Arrest Awareness Form** (see Attachment B).

All facility use contracts (long term or short term) will incorporate the **Facility Use Compliance for Youth Sports-Head Injury Form** and **Sudden Cardiac Arrest Awareness Form** as part of the contract for use (see Attachment C)

Concussion Compliance Release Form

Please read the information below and affix your signature to indicate that you have read this document. This form must be returned to the Tukwila Pool Metropolitan Park District (TPMPD) and is good only for the current sports season.

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Lystedt Law Compliance

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting plays)
- Repeating the same question/comment

Signs observed by teammates, parents/guardians, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

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What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before

completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often underreport symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents/guardians, and athletes is the key for youth athletes' safety.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The "Zackery Lystedt Law" in Washington requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years: "A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time." "[He or she] may not return to play until the athlete is evaluated by a licensed health-care provider trained in the evaluation and management of concussion and has received written clearance to return to play from that health care provider." You should also inform your child's coach if you think that your child may have a concussion. It is better to miss one game than miss the whole season. And when in doubt, the athlete sits out. Additional information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC) at: <http://www.cdc.gov/ConcussionInYouthSports/>. By signing below, I indicate that I have reviewed the information regarding concussions outlined in this document.

Athlete Name Printed and Date

Athlete Signature

Parent/Legal Guardian Name Printed and Date

Parent/Legal Guardian Signature

ATTACHMENT B-335

Sudden Cardiac Arrest Form

Please read the information below and affix your signature to indicate that you have read this document. This form must be returned to the Tukwila Pool Metropolitan Park District (TPMPD) and is good only for the current sports season.

Sudden cardiac arrest (SCA) is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life threatening.

What is SCA?

Occurs suddenly and often without warning.

An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart. The heart cannot pump blood to the brain, lungs and other organs of the body.

The person loses consciousness (passes out) and has no pulse. Death occurs within minutes if not treated immediately.

What are the symptoms/warning signs of SCA?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

ANY of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

**** Note that a student-athlete who exhibits unexplained fainting may be SCA because it is the number one warning sign of a potential heart condition.****

Additional Information May be obtained at: <http://www.wiaawi.org/Health/SuddenCardiacArrest.aspx>

By signing below, I indicate that I have reviewed the information regarding sudden cardiac arrest outlined in this document and at the above referenced website.

Athlete Name Printed and Date

Athlete Signature

Parent/Legal Guardian Name Printed and Date

Parent/Legal Guardian Signature

Facility Use Compliance for Youth Sports-Head Injury Form
(Attach to any building/facility use request form and use Contracts)

_____ Requests the use of the Tukwila Pool Metropolitan Park District (TPMPD) District Facility located at: 4414 S. 144th St, Tukwila, WA 98168, for the following dates:

| Date | Activity |
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_____, a private non-profit youth sports group, verifies all coaches, athletes and their parent/guardian have complied with mandated policies for the management of concussions, head injuries and sudden cardiac arrest as prescribed by RCW 4.24.660 and chapter 28A.600.

Attached is a proof of insurance under an accident and liability policy issued by an insurance company authorized to do business in Washington State covering any injury or damage with at least \$1,000,000 due to bodily injury or death of one person and at least \$2,000,000 due to bodily injury or death of two or more persons.

Signed:

Representative of Private Non-Profit Youth Sports Group

_____ (Date)

Note: Access to TPMPD facilities may not be granted until all requirements of this application are complete and approved by the TPMPD.