

Concussion Policy

Pursuant to the passage of Utah House Bill 204, Protection of Athletes with Head Injuries and in order to protect participants in Utah Amateur Hockey Association (UAHA) sanctioned events, effective August 1, 2011, UAHA requires that athletes, parents/guardians and coaches follow the UAHA Head Injury Policy and Procedures prior to participation in any UAHA sanctioned UAHA-sanctioned hockey event; including, but not limited to: a game, practice, hockey camp or clinic, league, tournament, or tryouts. As a coach you must be familiar with the physical indications of a concussion which may be present in a player prior to, during and after a game or practice where such an injury may have occurred.

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.** 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/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

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 than usual
 - Confusion
 - Concentration or memory (forgetting plays)
- Repeating the same

Signs observed by teammates, parents and coaches include:

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

What can happen if my athlete 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 to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for a young athlete's safety.

If you think your child/player has suffered a concussion

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must 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 written medical clearance. Written medical clearance must state that the athlete has been evaluated by a qualified health care provider, licensed under Utah Code Ann, Title 58, who is trained in the evaluation and management of concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the UAHA-sanctioned Sporting Program or Event.

Licensed Health Care Providers acceptable to make the determination:

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)

- Advanced Registered Nurse Practitioner (ARNP)
- Physician's Assistant (PA)
- Licensed Certified Athletic Trainers (ATC)