

RESOLUTION 2020 - R - 6

**A RESOLUTION ADOPTING A CONCUSSION MANAGEMENT POLICY
RELATING TO PARKS ATHLETIC ACTIVITIES**

WHEREAS, the Village sponsors a wide variety of sporting and athletic activities through its Parks and Recreation Department, and

WHEREAS, while the benefits of offering this variety of activities is manifest and provides healthy activities that stimulate the minds and bodies of participants, including principally young people and children, and

WHEREAS, from time to time, and despite the best efforts of staff, coaches and volunteer assistants, participants will suffer injuries, and among the most potentially serious of those injuries involve concussions and other closed head injuries, and

WHEREAS, concussions can be among the most difficult injuries to properly assess and treat, and on occasion can result in disagreements between participants, parents, coaches and staff about whether a participant should be removed from a game or other activity until proper medical evaluation can be made, and

WHEREAS, while the benefits to the community at large are found by the Village Board to clearly outweigh the comparatively remote risks of this sort of injuries, the Village recognizes that its staff, the coaches, volunteers and participants are not licensed health care professionals, but must still take reasonable precautions to provide a safe and fun athletic environment for all participants, and

WHEREAS, the Village Board finds that it is appropriate and necessary to adopt a formal concussion management policy that is intended to provide the best possible oversight of sporting and athletic events to prevent concussions and repeat concussions, while recognizing the inherent limitations imposed by the necessity of using laypersons to judge whether participants suffering apparent injuries can reasonably return to the field of play or be required to see properly licensed medical professionals and be cleared before returning.

NOW THEREFORE, BE IT RESOLVED by the Village of Winthrop Harbor, Lake County, Illinois, as follows:

SECTION ONE: The Concussion Management Policy attached hereto as Exhibit A is adopted and shall be distributed as a condition of registration to all participants, parents and guardians signing up for sporting and athletic events.

SECTION TWO: This resolution shall take effect immediately upon passage.

**PASSED BY THE BOARD OF TRUSTEES OF THE VILLAGE OF WINTHROP HARBOR,
ILLINOIS, ON THIS 21st DAY OF APRIL, 2020**

ATTEST:

A handwritten signature in blue ink that reads "Michael Bruno". The signature is written in a cursive style with a large initial "M".

DR. MICHAEL BRUNO, MAYOR

A handwritten signature in blue ink that reads "Julie Rittenhouse". The signature is written in a cursive style with a large initial "J".

JULIE RITTENHOUSE,
VILLAGE CLERK

Exhibit A
**WH PARKS & RECREATION DEPARTMENT
CONCUSSION MANAGEMENT POLICY**

POLICY STATEMENT

The Village of Winthrop Harbor is dedicated to ensure that the safety, health, and well-being of all employees and participants in the sports and recreation programming is strictly monitored. This policy is to provide education and training on how to properly assess and manage a concussion incident, as well as how to minimize these events from occurring.

PURPOSE

The Village of Winthrop Harbor has developed a concussion policy to provide awareness about concussions and how to minimize event occurrences, for all participants in Village programs, as well as organizations that utilize Winthrop Harbor Parks or Park facilities. All users shall be made aware that a formal concussion policy has been established, and resource information made available. All organizations that may already have their own concussion policy in place, or are following a policy/procedures established by their sport's governing body, are encouraged to review this municipal policy and direct any questions or concerns to the Winthrop Harbor Parks & Recreation Department staff.

The Village of Winthrop Harbor recognizes that many people play a role in order to ensure that the safety of those participating in physical activities is maintained. This includes WH Parks & Rec staff, players, coaches, officials, fitness instructors, parents, to name a few. All program overseers should encourage participants to take responsibility for their own safety, and also the safety of others. Concussion resource information will be made available to everyone at WH Recreational facilities.

ACTION STEPS

While there are many different sources of information available about the topics of concussions and their management, most concussion in sports laws, regulations, policies and procedures include the following three action stepsⁱ:

1. **Educate coaches, parents, athletes, and program staff/supervisors**
2. **Remove Athlete/Participant from play**
3. **Obtain permission to return to play**

ACTION STEP #1 – EDUCATE COACHES, PARENTS, ATHLETES, AND PROGRAM STAFF/SUPERVISORS:

What is a Concussion?

A concussion is a type of traumatic brain injury that interferes with normal brain function. Concussions are caused by a fall or blow to the head, or body, that causes the head and brain to move rapidly back and forth, causing impact on the brain. Concussions are not usually life-threatening, but they can be very serious, especially if not given adequate amount of time for the brain to heal, before returning to sports or activities. A repeat concussion that occurs before the brain properly heals, can lead to development problems and in extreme cases, can result in swelling of the brain, and even be fatalⁱⁱ.

Athletes or participants who have had a concussion, at any point in their lives, have a greater chance of getting another concussion. Also, young children and teens are more likely to get a

concussion and can take longer to recover than adultsⁱⁱⁱ. Any participants experiencing any of the signs or symptoms below, after being hit in the head or body, should be removed from play immediately, and get evaluated by a licensed health care professional. A licensed physician must give written approval for the participant to be allowed to return to play/participate in the program or activity.

Signs of a concussion include:

- Appears dazed or stunned
- Confusion
- Clumsiness
- Impaired speech
- Concentration or memory loss
- Impaired consciousness
- Double or blurry vision

Symptoms of a concussion include:

- Headache
- Nausea or vomiting
- Dizziness or poor balance
- Double or blurry vision
- Sensitivity to light
- Sensitivity to sound

It is essential that if any signs or symptoms are present in a participant, after any physical contact, that a member of the WH Recreation staff, or identified coach/volunteer/official be made aware, so the participant can be removed immediately and seek medical treatment.

ACTION STEP #2 – REMOVE ATHLETE/PARTICIPANT FROM PLAY:

Any conscious person who exhibits signs or symptoms consistent of a concussion, should be immediately removed from participation, and their coach, recreation staff, and parent/guardian notified right away. The participant should never be left alone, and standard First Aid practices should be administered, when applicable. Attempts to treat a concussion should not be made by anyone, without the involvement of a licensed health care professional.

In the event that a person is suspected to have suffered a concussion, and is left unconscious, call 911 immediately. The participant shouldn't be left alone, and no movements of their head or body should be made, including removal of any clothes or headwear, until paramedics have arrived.

In all instances of a suspected concussion, an incident report must be filled out by Parks & Recreation staff, including details of what, when, where, how, and who. A summary of action steps taken must be included in the report. The participant must follow up with their physician, and a written letter of approval must be given to WH Parks & Recreation Director, before the participant is allowed to participate in the program or activity again.

ACTION STEP #3 – OBTAIN PERMISSION TO RETURN TO PLAY:

The process of which the participant returns to play, is gradual, and begins with written approval from a licensed physician, giving clearance to participate. If any symptoms or signs return during the recovery process, the participant must be re-evaluated by a physician, and receive clearance again. Participants who have suffered a concussion and return to play too early, are at a higher

risk of suffering another concussion, and causing greater trauma to the brain. After being cleared to return to play, the participant should ease back into activity, and not go straight back into game play, right away.

DOCUMENTATION:

All WH Parks & Recreation staff, identified coaches, and officials must successfully complete online training for concussions, and provide certificate of completion to the WH Parks & Recreation Director. All participants/athletes and, if under 18 years of age, their parent/guardian, will be given this Concussion Policy. Information sheets about concussions, and their prevention, will be made available at WH Parks & Recreation facilities, as well as handed out to all participants at time of registration.

DISCLAIMER:

While every reasonable effort has been made to assure the accuracy of the foregoing, the staff of the Village of Winthrop Harbor, and most, if not all, of the persons working in volunteer positions alongside them are not trained medical professionals. Using these guidelines as intended will hopefully reduce the incidents of concussions and speed recoveries of participants who are injured. However, no layperson's opinion on whether or not a participant has, or has not, suffered a concussion, let alone the degree of severity thereof, will ever take the place of the professional judgment of a licensed physician or other medical professional trained to evaluate and treat this type of injury. This may lead in some instances to participants being removed from play when they do not wish to be. Parents and guardians of participants must consider themselves the participants' primary caregivers, and accept their responsibility to abide by decisions made by staff, coaches and officials and to seek prompt medical care for the participants without raising objections about removal from fields or events.

Nothing in this policy is to be considered a guarantee that every injury will be spotted on the field of play. Signing up a participant for a sporting event will be considered binding evidence of receipt of this policy and agreement to the terms and particularly notice of the limitations described herein which are inherent in evaluating potential closed head injuries and concussions by laypersons.

ⁱ Get a Heads Up on Concussion in Sports Policies, National Center for Injury Prevention and Control,
www.cdc.gov/Concussion.

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