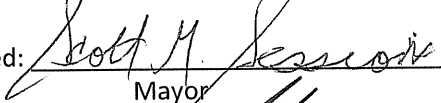



## CITY OF HILLSDALE: HILLSDALE RECREATION CONCUSSION MANAGEMENT POLICY

The recognition and treatment of athletes who have suffered a concussion has become a national priority. An increasing number of studies have revealed that concussions, not properly treated, can result in permanent physical and cognitive deficits, including learning disabilities. The data also suggests that concussions can lead to the development of dementia and other long-term issues earlier than expected. These risks have led the State of Michigan to enact law (MCL 333.915 and MCL 333.9156) that local municipal recreational authorities develop policies related to sports concussion that are consistent with the current recommendations of the U.S. Centers for Disease Control and Prevention. Recovery from a concussion requires limitation of physical activity, especially sports activity such as practice, drills, games, and physical education classes.

To better manage instances of concussion in our sports recreation programs, the City of Hillsdale recreation Department requires the following:

1. All coaches (paid and volunteer) must complete annual training in the area of current concussion management practices and provide proof of that training to the Recreation Department Director. This training should include up-to-date information on the identification of concussion, the signs and symptoms associated with the injury, the risks involved with allowing athletes to continue to play while symptomatic, methods of concussion assessment, and the importance of gradual return to play practices.
2. Information about sports-related concussions will be provided to parents annually via the Recreation Department website and parents will be asked to provide written acknowledgement of receiving such information prior to their child (or children) being allowed to participate in any Recreation Department organized or sponsored sport activity. These acknowledgement forms will be updated annually and kept by the Recreation Director for a period no shorter than seven (7) years or until the participant attains the age of eighteen (18) years of age whichever is later.
3. Prior to the start of every recreational sport season, a meeting will be held to inform parents about the risks of concussion prevalent in each sport and to help educate those parents on how to identify the signs and symptoms associated with the injury along with the potential risks involved with playing while symptomatic. Parents will also be informed about Hillsdale Recreation's Concussion policy.
4. Prior to the start of every recreational sport season, the Recreation Director will work with coaches and medical providers to educate athletes about concussion, its signs and symptoms, and potential long-term risks.
5. If, during a practice or game, an athlete sustains a concussion or exhibits the signs, symptoms or behaviors of the injury, that athlete must be removed from all athletic activity. That athlete may not return to any practice or game activity until he/she is evaluated by a licensed health care professional trained in the evaluation and management of concussion (i.e., physician assistant, nurse practitioner, or athletic trainer). The athlete and his/her parent/guardian must provide written clearance from that provider prior to the athlete being allowed to resume physical activity. The Recreation Director will keep evidence of all written clearance forms on file for a period no shorter than seven (7) years or until the participant attains the age of eighteen (18) years of age whichever is later.
6. Once the athlete receives written medical clearance to return to physical activity, coaches at Hillsdale Recreation must follow the Gradual Return to Play Protocol.

Signed:  Date: 4-4-16  
Mayor

Signed:  Date: 4/4/2016  
Clerk