



# Riverside County Regional Park and Open-Space District

Kyla Brown, Parks Director / General Manager

## PURPOSE

The following protocol and procedures are being implemented by Riverside County Park and Open-Space District, with the intent to reduce the potentially serious health risks associated with concussions and head injuries.

## PROTOCOL

It is the protocol of the Riverside County Park and Open-Space District to educate field staff, site supervisors, and program participants of the signs, symptoms or behaviors consistent with activity induced concussion. Participants under the age of 18, suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play.

## DEFINITION

According to the CDC, a concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

SYMPTOMS REPORTED BY CHILDREN OR TEENS	SIGNS OBSERVED BY PARENTS OR COACHES
<ul style="list-style-type: none"><li>• Headache</li><li>• Nausea or vomiting</li><li>• Balance problems or dizziness</li><li>• Double or blurry vision</li><li>• Sensitivity to light</li><li>• Feeling sluggish, hazy, foggy, or groggy</li><li>• Concentration or memory issues</li><li>• Confusion</li><li>• Just not “feeling right” or “feeling down”</li></ul>	<ul style="list-style-type: none"><li>• Appears dazed or stunned</li><li>• Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent</li><li>• Moves clumsily</li><li>• Answers questions slowly</li><li>• Loses consciousness (even briefly)</li><li>• Shows mood, behavior, personality changes</li><li>• Cannot recall events prior to or after hit or fall</li></ul>

## PROCEDURE

1. Distribution of Protocol
  - a. Field staff, site supervisors, and program participants associated with a site program or activity should become familiar with and have access to a copy of the Riverside County Park and Open-Space District Concussion Protocol. Additionally, they should have access to the Center for Disease Control (CDC) concussion information sheet.





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- b. Field staff, site supervisors, and visitors are strongly encouraged to view the “Heads Up” online course from the CDC—the website link will be provided prior to programming taking place.
2. Suspected Concussion Procedures
  - a. Any participant exhibiting the signs, symptoms, or behaviors associated with a concussion or head injury: (1) must be immediately removed from the activity and (2) may not again participate in any activity until cleared by an appropriate health care professional.
  - b. The injured participant may not be cleared for activity the same day that the sign, symptom, or behavior associated with a concussion or head injury was observed.
  - c. If a minor, the injured participant’s parent or legal guardian should be immediately notified of the suspected concussion or head injury so that the participant can be evaluated by an appropriate health care professional.
  - d. Site supervisors and/or field staff need to fill out an incident report provided on the RivCoParks intranet.
  - e. The participant who is suspected of a concussion or head injury must submit written medical clearance from an appropriate health care professional to the Riverside County Park and Open-Space District prior to returning to any program or activity. Participation will not be allowed until this document is produced.

\*\*This protocol is applicable to only the Riverside County Park and Open-Space District programs and activities. The Park District is not responsible for implementing any concussion or head injury protocol or procedures for independent teams, leagues, organizations, or associations that utilize RivCoParks sites or facilities.

