



The Watervliet Dome

Rental Sports Safety Policies and Procedures



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Sports Concussion Policy

The City of Watervliet recognizes the potential danger and long-term health consequences of sports concussions, which are often a difficult to diagnose form of traumatic brain injury.

This policy is intended to provide easy to understand guidelines related to participants who have been diagnosed with or are suspected of having a concussion. This policy applies to all those who rent the City of Watervliet's facility and is for all players, coaches, parents, staff and officials.

Removal from Play Policy

"When in Doubt, Sit them Out" — If a participant exhibits any signs, symptoms, or behaviors that he or she may have had a concussion, that athlete must be removed from all physical activity for the remainder of the day. If applicable, the participant's parent or guardian must be informed that they had a suspected concussion and what signs or symptoms were observed and any treatment that was provided.

Return to Play Policy

Following a suspected concussion, the participant can only return to play with permission from a health care professional and a written clearance to return to athletic activity.

Concussion Information Sheet

A concussion information sheet (included on the following page) will be supplied to all coaches, parents, players, and staff detailing the definition of a concussion, how to prevent concussions, signs and symptoms of a concussion and what to do if a child has a suspected concussion. All parents, coaches and staff must sign the acknowledgement portion of the fact sheet stating that they have read and understand the concussion information sheet.

Concussion Training – CDC Heads Up Concussion Training

All coaches and staff must complete the online concussion training provided by the CDC Heads Up Concussion program. Training for youth sports coaches: <https://headsup.cdc.gov/> . Training for high school sports coaches: <https://nfhslearn.com/courses/concussion-in-sports-2> .



Concussion Fact Sheet

What is a Concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What Are the Signs and Symptoms of a Concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in the person's behavior, if symptoms are getting worse, or if s/he just "doesn't feel right."

Most concussions occur without loss of consciousness. If the person reports one or more of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

Signs Observed by Others

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)

- Shows behavior or personality changes
- Forgetting schedules or assignments

Symptoms Reported by the Concussed

- Thinking/Remembering:
 - Difficulty thinking clearly
 - Difficulty concentrating or remembering
 - Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy
- Emotional
 - Irritable
 - Sad
 - More emotional than usual
 - Nervous
- Physical
 - Headache or “pressure” in the head

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- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise

	<input type="radio"/> Numbness or tingling
	<input type="radio"/> Does not "feel right"

- Sleep*
 - Drowsy
 - Sleeps less than usual
 - Sleeps more than usual
 - Has trouble falling asleep

***Only ask about sleep symptoms if the injury occurred on a prior day**



Rental Sports Safety Policies and Procedures Packet Acknowledgements

The purpose of this acknowledgement form is to confirm that you, the renter, have read and understand the information provided to you by the City of Watervliet related to potential concussions/head injuries and child abuse occurring during participation in athletic activities.

Concussion and Head Injury

We, _____, (**RENTING ORGANIZATION**), who is renting **THE WATERVLIET DOME (1300 2nd Ave, Watervliet, NY 12189)** and participating in athletic activities during our rental time have read the informational material provided to us by **THE CITY OF WATERVLIET** related to head injuries occurring during athletic programs and understand the content and warnings.

Additionally, we agree to distribute the informational materials to the athletes for which we are renting the space.

Signature of Authorized Personnel for Renting Organization

DATE