

**Burlington Parks & Recreation Department  
Concussion Policy for Young Athletes**



The purpose of this policy is to provide standards for the prevention and management of sport-related head injuries involved in organized youth sports through Burlington Parks & Recreation and its permitted facility user groups.

Any athlete known to sustain a concussion or that has been removed from play cannot return to play on the day of the injury. Return to play can only be granted through permission of an authorized medical provider. This policy shall apply to athletes who sustain head injuries or concussions during participation in Burlington Parks & Recreation and/or permitted facility user groups in organized youth sports activities.

**Designation of Responsible Administrator**

The Parks & Recreation Director or his/her designee shall be responsible for the implementation of this Policy and the related procedures. At the conclusion of each year, the Parks & Recreation Director or designee shall complete a report identifying the number of sports-related head injuries/concussions that were sustained by athletes during the previous year and, for each such injury, the sport in which the injury was sustained. This Policy and the related procedures shall be reviewed and revised at least every two years.

**Training & Instruction**

*Annual Training*

All Parks & Recreation program staff, coaches and volunteers who participate in organized athletic activities, and permitted facility user group coaches and volunteers shall complete bi-annual training in the prevention and recognition of sports-related head injuries and associated health risks, including second impact syndrome. Documentation of such training shall be maintained by the permitted facility user group organization and verified by Brookline Recreation prior to issuing permits for facility use each season.

*Instruction for Staff, Coaches, Volunteers*

All Parks & Recreation and permitted facility user group staff, coaches, and volunteers who participate in athletic activities shall be required to complete concussion education training through the CDC's concussion education training program online: [www.cdc.gov/concussion](http://www.cdc.gov/concussion). The Parks & Recreation Department will make baseline testing available to the community at publicized times for those wishing to take advantage of the service. Access to baseline test results for individual athletes will not routinely be distributed to athletes' parents but will be made available if needed in the event of a suspected concussion.

**Post Head Injury/Concussion Procedures**

Each organization shall ensure that Burlington Parks & Recreation Department's Sports Concussion Management Guidelines for Youth Athletes are followed.

## **Notice to Athletes & Parents**

### *General Information*

Athletes and their parents shall be informed of the mandatory required training; the procedure for notifying parents when an athlete has been removed from play for a head injury or suspected concussion sustained during an athletic activity; the protocol for obtaining medical clearance set forth in the guidelines related to this policy; and the responsibilities of parents/guardians pertaining to a physician's clearance for return to play.

### *Parent Outreach*

Each organization will be responsible to advise parents of the policy and guidelines and the mandatory requirements for concussion education training through the CDC website. The policy and guidelines will be made available online to all families.

## **Compliance & Penalties**

All Parks & Recreation and permitted facility user group personnel and athletes who participate in organized youth sports activities are responsible for understanding their responsibilities and obligations under this policy. Recreation and permitted facility user group personnel who fail to comply with the provisions of this policy may be subject to discipline, and/or revocation of facility permit. Failure to comply with the provisions of this policy may result in discipline of the athlete up to and including exclusion from participation in youth sports activities.