

Dear Families:

Please find below our COVID-19 Safety Rules and Concussion Information Form. Please go over this information with your participant (s) Thank You, Rec Staff



Jefferson County Parks and Recreation Basketball Fundamentals Programs COVID-19 Safety Rules

October 1, 2020

Washington Phase 2 allows up to 5 participants people per athletic field. Each session will be limited to 5 participants . Please keep the following equation in mind:

By following the 5 participants limit, we can all stay safe and enjoy our program. Not following the limit puts our health and our program at risk of closure.

Self-screening is required: any participant or spectators, who are under quarantine, or have had any of the following COVID-19 symptoms in the previous 72 hours are not allowed to attend any Jefferson County Parks and Recreation programs: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or a new loss of taste or smell. Any individual who develops or displays any of these symptoms must remove themselves, or be removed by their parents or caregivers from the event immediately. Parks & Rec Staff have the right to ask parents and caregivers to remove any individual they observe with these symptoms.

All attendees must wash their hands or use hand sanitizer regularly; at least before they enter the event, after they use the restroom, immediately after the game, and when they leave the event.

A minimum of 6' distance from household members, and face coverings are required in Washington State (when unable to maintain at least 6' distance from non-household members) 2 except: participants are not required to wear face coverings, and are not required to maintain 6' distance when they are actively playing. Players should wear face coverings and maintain 6' distance when they arrive and leave the field. It is encouraged that all spectators wear face coverings at all times.

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Headaches “Pressure in head” Nausea or vomiting Neck pain Balance problems or dizziness Blurred, double, or fuzzy vision Sensitivity to light or noise Feeling sluggish or slowed down Feeling foggy or groggy Drowsiness Change in sleep patterns	Amnesia “Don’t feel right” Fatigue or low energy Sadness Nervousness or anxiety Irritability More emotional Confusion Concentration or memory problems (forgetting game plays) Repeating the same question/	Appears dazed Vacant facial expression Confused about assignment Forgets plays Is unsure of game, score, or opponent Moves clumsily or displays in-coordination Answers questions slowly	Slurred speech Shows behavior or personality changes Can’t recall events prior to hit Can’t recall events after hit Seizures or convulsions Any change in typical behavior or personality Loses consciousness
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What can happen if my child keeps on playing with a concussion or returns to soon?

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 6/15/2009

Concussion Information Sheet

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators,

Coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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