

Tsunami Swimming

Parent Handbook



2018 - 2019

www.TsunamiSwimming.org

What is Tsunami Swimming

Tsunami Swimming was formed in 2001 by a volunteer advisory committee as a non-profit 501(C)(3) swimming outreach program. Outreach programs are designed to pull individuals into the sport of swimming who might not otherwise have the opportunity to participate. Tsunami Swimming does this by:

- ✓ Offering programs for all skill levels, from non-swimmers to national competitors
- ✓ Offering programs for both youth and adults, so the entire family can participate
- ✓ Offering shorter, seasonal swim training programs, so that individuals who cannot commit to a year-round team will still have the opportunity to train and compete through the year.
- ✓ Offering need-based financial assistance to individuals whose families meet the federal poverty level guidelines.

Scholarship / Financial Assistance Program

As part of its outreach effort, Tsunami Swimming offers need-based financial assistance for all programs. The US Federal Poverty Level Guidelines are used to establish need. Currently, this amount is a 50% reduction in fees for families at 185% of the federal poverty level and a 75% reduction in fees for families at 130% of the federal poverty level .

In 2018 Tsunami Swimming was awarded grants from *Virginia Swimming* to provide free or very low cost (\$5) instruction in both the Learn to Swim and Swim and Stay Fit programs for qualifying families. In cases of extreme hardship the \$5 fee can be waived.

Swimmers who qualify for either grant or for Tsunami's financial assistance also receive free suits and reduced USAS registration for team swimmers.

If you know of any families who do not participate in swim programs because of the cost, please share this information with them.

If you are interested in contributing to the scholarship program, all donations are tax-deductible.

To date, Tsunami Swimming has provided financial assistance to over 100 individuals.

Staff and Volunteers:

Staff

Peter Maloney, Head Coach 540-371-4369(h) 540-220-7195(c) swimcoachpeter@yahoo.com Graham

Schattgen Assistant Coach/SSF Instructor

Andrew Maloney, Assistant Coach/SSF Instructor 540-371-4639

Lindsay Cook, Assistant Coach Swim and Stay Fit Instructor

Andrew Boring - Swim and Stay Fit Instructor/ learn to swim Instructor

Deanna Friedel- Assistant Coach Learn to Swim Instructor

Lauren Laveroni, Jenni Ryniewicz Learn to Swim Instructors

Abby Cook, Life Guard

Lisa Keyser, Webmaster: <http://lmkwebdesign.com>

Volunteers

Karen Tiberio Scrip Coordinator: 540-898-8386

Chris Goldsmith, CPA & Associates, Payroll and accounting services:

Becky Slominski Meet coordinator,

Bob Denecke Officials Coordinator

Regina Maloney, Registration: 540-371-4369

Safe Sport Coordinator Jenni Ryniewicz

Board of Directors:

Board Members are volunteers who serve a two-year term, and can be re-elected. Current board members approve new members. Any individual in the community who supports Tsunami Swimming's programs and outreach efforts is eligible to serve on the board. The board meets at least once each year. If you or someone you know in our community would be willing to serve on the board, please let Coach Peter know.

2016 – 2019 Board Members

Peter Maloney

Chris Goldsmith Andi Light-Treasurer

Mary Koch Jenni Ryniewicz Swimmer Rep Ellen Pataky Swimmer Rep

2018-2019 Booster Members

Dwayne McOsker / Corrine Graves : Team Records

Becky Slominski : Meet Coordinator

Officials Chair: Bob Denecke

Equipment

We keep a selection of practice equipment in stock, which is available for purchase on Sunday afternoons at the pool, or from Peter AFTER weekday practices. Other required or optional equipment can be purchased anywhere that sells this type of equipment or ordered from **Sport Fair (1-800-524-9501)**. Any equipment with the team logo must be ordered from Sport Fair.

Required equipment for Practice, Tsunami has some in stock.

- ✓ Practice suits, \$30-\$38 female / \$25 male Jammers/Briefs,
- ✓ Fins, Pull Bouy, Goggles.

Optional equipment, in stock:

- ✓ Goggles \$6 - \$20
- ✓ Prescription goggles are also available, special order \$15
- ✓ Practice caps (not required unless hair is a problem) \$7 silicone
- ✓ Team t-shirts \$10 (limited selection of sizes)
- ✓ Parent polo shirts \$20 (limited selection of sizes)

Required equipment, order from Sport Fair: 800-524-9501 (Prices may change)

- ✓ Team cap (**required for meets**)
- ✓ Fins \$35-45
- ✓ Pull buoy \$10-15
- Team suit (usually 1-2 sizes smaller than practice suit) not required

An order form from Sport Fair will be distributed to parents during the first month of practice. A representative from Sport Fair will come to Fredericksburg Academy **Wednesday September 27th, 2017 from 5:30 pm- 8:00 pm**. They will bring equipment to sell and equipment that has already been ordered. They also have a sales table at all of our meets.

Meet Information

Becky Slominski sends out meet invitations for each meet 3-4 weeks before that meet to the parents. These have information on who qualifies to attend, location, times, dates, directions and other specifics. Swimmers and their parents choose which meets, if any, they will attend. The coaches can guide you in these decisions, and will recommend meets that would be best for your swimmer. There are no required meets, although all swimmers are encouraged to attend a minimum of three meets.

Swimmers are encouraged to swim a wide variety of events at meets. This is one of the great things about age group swimming. If your swimmer swims in summer league, high school and maybe college, they will probably have a "best" stroke or event, and will swim just this stroke or event all of the time. Age group swimmers are encourage to swimmers all the strokes and events. Many swimmers find that the stroke they hate when they are 8 becomes their favorite at age 12.

USA Swimming Registration. All swimmers who wish to compete at meets must be registered with VA Swimming and USA Swimming. Your \$100 registration fee covers this.

Meet Fees: Each host team charges \$8-10 per swimmer per event. Championship meets cost more. These fees will be charged to your meet fee account. When you sign up for a meet please pre-pay. Estimate meet fees at \$30-\$40 per day per swimmer, Tsunami swimming must pay these fees to the host team before the meet deadline, if you sign up for the meet and don't attend you still have to pay for those events..

You will receive an account statement periodically which will show actual charges, payments, and credit or balance due for team fees, meet fees, scrip fees etc.

Swim & Stay Fit Swimmers can also attend meets with our team, but their meet fees are doubled for each competition.

2018-2019 Practice Schedule

- Novice (PM) Monday through Thursday: 5:30 -6:30 pm, Sunday 5-6 pm
- Novice (AM) Tuesday , Thursday & Friday 5:30- 6:30 am
- Intermediate (PM) Monday-Thursday 5:30pm-7:00pm
- Junior (PM) Monday through Thursday: 6:30- 8:30 pm, Sunday 5-6 pm
- Senior (PM) Monday through Thursday 6:30- 8:30 pm, Sunday 5-6 pm.
- Senior Junior, & Intermediate(AM) Tuesday, Thursday & Friday 5:00 am-6:30 am

*NOTE: Sunday practices mirror the Learn to Swim, and the Swim & Stay fit.

Tsunami Swimming 2018-2019 short course meet schedule. There are NO team practices on Sundays when the other class programs are not held, Sunday team practice may be canceled if most of the team attends a meet.

Sunday team practice will only be held on the following dates

September 9, 16, 23, 30,	October 07, 14, 21, 28,	November 4, 11, 18,
December 02.	January 6, 13, 20, 27,	February 03, 10, 17, 24,
March 03, 10, 17, 24, 31,	April 07, 14, 28,	May 05, 12.

Minimum Recommended number of practices per week

Swimmers may attend ANY practice time, day for their practice group.

Novice 3-5	Intermediate 4-6	Junior 5-7	Senior 6-8
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Practice Cancellations:

If practice is cancelled, an email notice will be sent to all team parents. Weather cancellations are also submitted to the local radio stations. Please make sure that we have your current email address.

Tsunami Swimming 2018-2019 short course meet schedule

DATE	Host
<u>September</u>	
9	<i>Parents meeting new & Old Fredericksburg Academy 6 PM</i>
10	<i>First Day of Team Practice</i>
15-16	<i>VA Swimposium /coaches & officials HOD Meeting, Richmond</i>
25-30	<i>United States Aquatic Sport Convention Jacksonville(Coach Pete)</i>
29	<i>12 & Younger meet Woodberry Forest Orange</i>
<u>October</u>	
2	<i>Sport Fair Team Suits/Equipment</i>
13-14	<i>RAYS Meet JRAC STAFFORD</i>
27-28	<i>P G County Sports & Learning MD SR Circuit #1,</i>
28	<i>12 & Younger meet Woodberry Forest Orange</i>
<u>November</u>	
2-3	<i>PWSC Fall Aqua fest Freedom Center Manassas</i>
16-17	<i>OCCS SR Circuit #2, QT BB+ Meet Freedom Center Manassas</i>
29-12/1	<i>STAT Invitational Jeff Rouse Center T&F</i>
<u>December</u>	
6-9	<i>HOKI OPEN P/F Christiansburg, VA Christmas Champs</i>
<u>January</u>	
5-6	<i>Speedo Sr.Circuit SR#3 Washington-Lee HS Arlington,</i>
4-6	<i>Nova Open NAC</i>
26-28	<i>Zone IMX- Meet U MD 9-14 1800pts -Q</i>
<u>February</u>	
15-17	<i>DISTRIC CHAMPS- PWSC</i>
22-24	<i>REGIONAL CHAMPS -RAYS JRAC STAFFORD</i>
<u>March</u>	
28/3-3	<i>SENIOR CHAMPS – PSDN JRAC Stafford</i>
7-10	<i>AGE GROUP CHAMPS- CAC-VT, Christiansburg</i>
20-24	<i>Age Group National Cup Liberty University(New Meet)</i>
28-31	<i>Sectionals CAC Christiansburg</i>
<u>April</u>	
7/8	<i>Dual Meet Tsunami Swim vs TBS</i>
13-14	<i>Maryland CBAC spring LC meet St.Mary's College MD</i>
21-27	<i>SPRING BREAK EASTER</i>

May

3-5

OCCS L.C Spring splash Freedom Center

17-19

STAT INVITATIONAL L.C. STAFFORD

June

1-3

Invitational TBA

14-16

PSDN INVITATIONAL JEFF ROUSE L.C.

JULY

13-15

SUMMER AWARDS RAYS STAFFOED

19-22

SENIOR CHAMPS PSDN STAFFORD

26-29

AGE GROUP CHAMPS HOKI CHRISTIANSBURG

AUGUST

7-10

EASTERN ZONES RICHMOND

TSUNAMI SWIMMING - PROGRAM COMPARISON	
SWIM & STAY FIT	COMPETITIVE TEAM
primarily an instructional program	primarily a training program focused on competition
instruction in competitive strokes, & turns	instruction in competitive strokes, turns, starts
more instruction, less conditioning	instruction, more conditioning
stroke drills	more stroke drills
less intense workout - clinic	more intense workout, race planning, goal setting
1-2 practices per week, 1 hour each	3-8 practices per week, 1-2 hours each
6 week financial commitment	10 month financial commitment
higher average cost per hour	lower average cost per hour
no fundraising required	fundraising commitment
competition available - at higher additional fee	competition available - at additional fee
Still uncertain? Start with Swim & Stay Fit and move to the competitive team if you need more of a challenge	

2-week grace period for new swimmers – no team fees due but registration is not refunded.

SCRIP FUNDRAISING PROGRAM

To help offset the cost of the pool rental and coaches travel expenses, team families commit to raising \$200.00 in scrip profit each year.

This is in addition to your team contract fees and meet fees. **Any money accumulated above the \$200.00 commitment, is shared 50/50 with the family and Tsunami swimming Scholarship fund. The remaining is placed into their account which goes towards the remaining balance of team contract fees, meet fees, or any other fees you may incur.**

The website for scrip is www.shopwithscrip.com. Once you navigate to the website click on “Family Sign Up” (green box-white writing on the left hand side in the middle of the page). The team enrollment number is **4C3347F11L595**.

How Scrip Works:

Non-profit organizations such as Tsunami purchase gift cards from a wide variety of merchants (grocery stores, restaurants, retail stores, gas stations, etc...) through Great Lake Scrip Center (GLSC) program. The merchants make a donation to the non-profit organization based on the amount of scrip purchased. This usually ranges from \$4-12 per \$100 purchased (4% -12 %.) Anyone can purchase these gift cards through you via the swim team at face value and use them just like cash. *Suggestion: Don't use cash or credit to pay for your regular household purchases, use scrip gift cards from Great Lakes Scrip Center.*

Tsunami usually has several popular cards in stock, and over 600 other retailers that can be special ordered and/or purchased electronically online. When you purchase in stock scrip directly from Pete on the pool deck you receive it immediately. Scrip ordered online via Shopwithscrip through the GLSC website is received 3-5 business days **after** the coordinator has released the order. Please contact the scrip coordinator to find out when orders are placed.

Ordering and Payment Options:

1. Special orders for gift cards: The coordinator places all “hard” gift card orders. Once the coordinator receives your order and notification from Pete that you have paid, the order will be submitted to GLSC. Due to shipping costs, the profit for a group order must exceed the estimated shipping cost of \$7.50. Cash or Check for the full amount, check made payable to Tsunami Swimming must be received before your order is placed. *Please note- scrip **cannot** be paid for by credit card or PayPal per GLSC guidelines.*
2. PrestoPay™ The team would prefer that all “hard” gift cards, reloads and Scripsnow orders to be paid for via PrestoPay™ instead of by cash or check. This is a secure online payment system using your checking account to pay for your orders. Once your scrip account is active you can sign up for PrestoPay™. It takes approximately three days for the entire PrestoPay™ process. Having a PrestoPay™ account also gives you the freedom of placing an order whenever you would like for e-cards, gift card reloading or scrips-wallet. The only fee is a \$.15 cent processing fee each time you place an order. It is super easy to set-up and the coordinator would be more than happy to help

anyone who needs assistance in doing so. Your order will not be placed until it is approved and “released” for order by the coordinator.

3. The coordinator must release all online orders (this is a GSL guideline) UNLESS you have opted for instant print cards.

If you do not want to wait for a “hard” card Scripsnow offers printable e-cards. This is the fastest, cheapest and easiest way to purchase scrip. The e-cards work exactly like a traditional gift card but we pay no shipping cost and you get it instantly. There is a barcode printed on the e-card and the retailer scans that for payment. Since this is done electronically, if you should lose or your paper e-card you can print it out again! You can also email these to family and friends as gifts! Instant print e-cards must be paid for via your PrestoPay account only. You do not have to wait for the coordinator to “release” your order.

Please Note:

PrestoPay™ payments are made to GLSC on behalf of Tsunami Swimming. If a payment is returned or rejected for any reason, one of the following actions will be taken:

1. If the family order has not been released by Tsunami, GLSC we will cancel the order and charge Tsunami a bank charge of \$30.00. The family will then owe Tsunami the \$30.00 fee.
2. If the family order has been released by Tsunami, GLSC will charge Tsunami for the face value of your order, plus a bank charge of \$30.00. The family will then owe Tsunami that full amount.

On hand scrips:

Scrip Coordinator carries an assortment of cards on the deck. The cards purchased directly from can be paid for by cash or check.. Please write checks for scrip purchases separate from other items, and specify which scrip you are purchasing. The coordinator parent volunteer keeps track of how much scrip each family purchases, and how much “profit” has been raised by their purchases.

Scrip coupons usually in stock:

- Giant, Food Lion
- Darden (good at Red Lobster, and Olive Garden)
- Outback (good at Carabbas, Cheeseburger in Paradise and Bonefish Grill)
- Wawa
- Starbucks
- Panera
- Sheetz

Tsunami team scrips coordinator Karen Tiberio

You can reach her at one of the following:

Karennicole72@aol.com 540-273-7439©

Sexual Abuse and Misconduct Prevention Policy

Employees reasonably suspected or believed to have committed sexual abuse or misconduct will be appropriately disciplined, up to and including termination of employment, as well as criminally prosecuted.

Reporting Procedure

Immediately report suspected sexual abuse or misconduct to management, including reporting to Law Enforcement or Appropriate Child or Adult Protective Services. New Federal law mandates reporting within 24 hours. Failure to report can result in a penalty.

Investigation

Employees must cooperate fully with any investigation conducted by law enforcement or other regulatory/protective services agencies.

Employee and Worker Screening and Selection

As part of the sexual abuse and misconduct prevention program, maintaining a diligent screening program for prospective and existing employees and others that may have interaction with those employed is mandatory. A variety of methods of screening will be used as part of the employee selection, including but not limited to applications, personal interviews, criminal background checks, personal and professional references.

Supervision of Youth

In order to protect employees and customers, children must always be within sight of a staff member and parent/guardian. At no time may a staff person be alone with a single child where they cannot be observed.

Bathroom/Restroom/Locker Room Supervision Policy

Employees should assess restroom and locker room areas for safety before a child enters, and monitor the area while children are using these spaces. A parent or guardian **MUST** remain available for bathroom duties during the entirety of the lesson.

Physical Contact Policy

Employees will respect children's rights to not be touched in ways that make them feel uncomfortable, and their right to say no.

Acknowledgement Form: Sexual Abuse and Misconduct Prevention Policy

I acknowledge that I received and read the Sexual Abuse and Misconduct Prevention Policy and/or had it explained to me. I understand that it is my responsibility to abide by all rules and laws contained in the policy. I also understand how to report incidents of sexual abuse or misconduct as set forth in the policy. I acknowledge that I will be alerted when changes and updates are made to the Sexual Abuse and Misconduct Policy and will be responsible for reading and complying with these updates.

NAME: _____

SIGNATURE: _____ DATE: _____

CONCUSSION INFORMATION SHEET

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

Appears dazed, stunned or confused

Unsure about event, location or name of meet

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows behavior or personality changes – irritability, sadness, nervousness, emotional

Can’t recall events before or after incident

Symptoms Reported by Athlete

Any headache or “pressure” in head - how badly it hurts does not matter

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light and/or noise

Feeling sluggish, hazy, foggy or groggy

Concentration or memory problems

Confusion

Does not “feel right”

Trouble falling asleep

Sleeping more or less than usual

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to

sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities: No athlete should return to activity on the same day he/she gets a concussion

No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms

Parents and coaches should never pressure any athlete to return to play

The Dangers of Returning Too Soon

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms.
(Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

Resources:

Centers for Disease Control and Prevention - www.cdc.gov/Concussion

Zurich Concussion Conference (2012) - Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012.
<http://bjsm.bmj.com/content/47/5/250.full>

ODH Violence and Injury Prevention Program - www.healthyohioprogram.org/concussion

National Federation of State High School Associations- www.nfhs.org – Index concussions and see “A parent’s guide to concussion in sports”.

CONSENSUS STATEMENT ON CONCUSSION

1.0 Policy

All participants, parents and coaches shall receive fact sheets on concussions from us. A written acknowledgement should be signed by the parent of a minor or by an adult athlete and returned to us prior to participation in any practice, meet or event. Any athlete suspected of sustaining a concussion should be removed immediately and should not return until evaluated by a health care professional experienced in evaluating concussions. This policy and supporting paperwork are our responsibility as is compliance with all state and local laws dealing with concussion. A sample fact sheet is attached to this statement.

2.0 Application of the Policy

Between 2009 and 2012 at least 41 states passed legislation targeting youth sports related concussions. Each state has specific regulations that may impact our operations. Some examples: Many states require coaches and officials to take courses on recognizing the symptoms of concussions and head injuries. Other states require sharing of fact sheets on concussions with coaching staff, athletes and parents. A few states, such as California, require organizations using school district facilities provide a statement of compliance with the policies for the management of concussion and head injuries required of the school districts by state laws. All of these policies are designed to protect an athlete who is suspected of sustaining a concussion or head injury during an event. Commonly, the return of that athlete to an event is prohibited until they are evaluated by a licensed health care professional, trained in the management of concussions, acting within the scope of his or her practice. Each state and/or the CDC have educational resources that should be utilized. Concussion fact sheets should be shared with coaches, athletes, and parents.

3.0 Policy Objectives

The primary goal of this Policy is to reduce the risk of harm to athletes and to educate coaches and parents on the importance of concussion management. All employees should review the Consensus statement on concussion in sport developed at the 4th International Conference on Concussion in Sport held in Zurich, November 2012, or similar educational material.

4.0 What is a Concussion?

The Centers for Disease Control and Prevention (CDC) define concussion as “a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works.” Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. The Zurich Conference on Concussion in Sport also states that concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, symptoms and signs may evolve over a number of minutes to hours or in some cases may be even more prolonged.

5.0 Signs and Symptoms of Concussions:

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion can put an athlete’s health at risk!

Signs Observed by Coaches, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location, or name of meet
- Forgets an instruction or assignment
- Moves clumsily

- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes – irritability, sadness, nervousness, emotional
- Can't recall events before or after incident

Symptoms Reported by Athlete

- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Trouble falling asleep
- Sleeping more or less than usual

6.0 Administration

- We are responsible to identify and be in compliance with the state and local laws and requirements regarding educational, management, and insurance requirements for management and treatment of concussions.
- All coaches, officials, athletes, and parents should be familiar with the concussion information sheet for swimmers.

7.0 Reference Material

Centers for Disease Control and Prevention

www.cdc.gov/Concussion

Zurich Concussion Conference (2012)

Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012.

California Assembly Bill 25

School districts that permit athletic competition by nonprofit organizations require an athlete who is suspected of sustaining a concussion or head injury during the meet or practice to be immediately removed from the activity for the remainder of the day. The athlete cannot return until he or she is evaluated by, and receives written clearance from, a licensed health care provider, trained in the management of concussions, acting within the scope of his or her practice.

ODH Violence and Injury Prevention Program

www.healthyohiprogram.org/concussion

National Federation of State High School Associations

www.nfhs.org – Index concussions and see “A parent’s guide to concussion in sports”.