



## Concussion Protocol Policy & Procedures



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#### 1. Purpose

Concussion protocols are meant to take the guesswork out of concussion assessment and management. The purpose of this policy is to improve post-injury treatment and outcomes and prevent long-term post-concussion symptoms or damage for any concussed person participating in an event or program hosted by Westchester County Parks, Recreation & Conservation.

#### 2. Policy & Procedures

The following is intended to implement widely used guidelines for the handling concussions into departmental procedures.

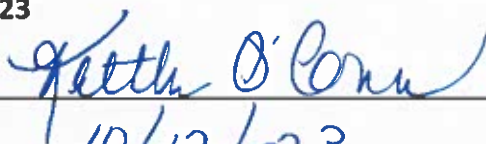
- a. **Watch for warning signs** – Athletes, spectators, parents, coaches and officials should be on the lookout for common concussion warning signs. These include but are not limited to; one pupil larger than the other, drowsiness or inability to wake up, a headache that gets worse and does not go away, slurred speech, weakness, numbness, or decreased coordination, loss of consciousness, repeated vomiting or nausea, convulsions or seizures, unusual behavior, increased confusion, restlessness, or agitation.
- b. **Protocol** – For sports related activities, coaches and officials are to use injury timeouts to remove any player with a possible concussion. The athlete with a possible concussion will be unable to return to play until cleared by medical staff. If the diagnosis is in doubt, the athlete must sit out.
- c. **Procedures** - Westchester County Parks, Recreation & Conservation is to provide an on-site Emergency Medical Technician (EMT) or Ambulance for all PRC Recreational Division programs. In the event that someone is suffering concussion symptoms, he or she will be brought to the appropriate medical staff for examination.

**Reviewed Annually:** Mrs. Kathleen O'Connor  
Commissioner of Parks, Recreation and Conservation

**Last Updated:** 10/23

**Last Reviewed:** 10/23

**Signature:**

  
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10/12/23

**Date:**