



GOVA SPORTS CONCUSSION MANAGEMENT POLICY

Purpose:

This Concussion Management Policy is established to provide a framework for managing concussions in athletes participating in Gova Sports events and activities. It complies with Florida State legislation regarding concussion management in youth sports, aiming to ensure the health and safety of all participants.

Policy Statement:

Gova Sports is committed to the highest standards of safety for its participants. Recognizing the serious nature of concussions, Gova Sports adopts this policy to ensure that concussions are properly diagnosed, treated, and managed.

Scope:

This policy applies to all athletes, coaches, trainers, and other sports personnel involved in Gova Sports activities.

1. Education and Training:

- Athletes and Parents: Prior to participation, athletes and their parents or guardians must be provided with information on the nature and risks of concussions, symptoms to monitor, and the protocol for return to play.
- Coaches and Staff: All Gova Sports coaches, trainers, and relevant staff shall complete a concussion recognition and management training program annually. The training will include recognizing signs and symptoms of concussions, the protocol for removing an athlete from play, and steps for returning an athlete to activity.

2. Concussion Recognition and Immediate Response:

- Any athlete suspected of sustaining a concussion during a Gova Sports activity must be immediately removed from participation. The decision to remove an athlete suspected of having a concussion shall be made by the on-site licensed healthcare provider or, in their absence, by the most senior coach present.
- The athlete cannot return to the activity the same day they are removed. Further participation is prohibited until the athlete is evaluated and cleared by a licensed healthcare provider trained in the evaluation and management of concussions.

3. Medical Evaluation:

- Following a suspected concussion, the athlete must be evaluated by a healthcare provider with experience in concussion management. The evaluation should occur as soon as possible after the injury.
- Documentation of the healthcare provider's evaluation and clearance must be obtained before considering returning the athlete to play.



4. Return to Play Protocol:

- Once an athlete has been diagnosed with a concussion and symptoms have resolved, they may begin a graduated return-to-play protocol, supervised by a qualified healthcare professional.
- The return to play protocol involves several progressive stages of activity, from light aerobic exercise to full contact practice. Each stage must be completed without symptoms returning before moving to the next stage.
- Final clearance for return to full participation must be given by a healthcare provider.

5. Communication:

- Coaches and team officials must communicate the occurrence of a concussion to the athlete's parents or guardians as soon as possible following identification of a suspected concussion.
- Coaches and team officials should also maintain open communication with the healthcare provider regarding the athlete's status and progress towards returning to play.

6. Record Keeping:

- Gova Sports will maintain records of all incidents of suspected concussions, including details of the incident, medical evaluations, communications, and follow-up actions. These records will be stored securely and in compliance with applicable privacy laws.

7. Policy Review and Update:

- This policy will be reviewed annually and updated as necessary to ensure compliance with current Florida state legislation and best practices in concussion management.

Acknowledgment of Policy:

All athletes, parents or guardians, coaches, and staff must acknowledge in writing that they have received and understand the Gova Sports Concussion Management Policy before participating in any sports activities.

By implementing and adhering to this policy, Gova Sports aims to protect the health and well-being of its athletes, promoting a safe and responsible sports environment.