

Ferris State University Recreational Sports Head Injury/Concussion Management Plan

It is the plan of Intramural and Club Sports (Rec Sports) to effectively address the increased concern with head injuries/concussions amongst participants in sports and recreational activities. This plan details how head injuries/concussions will be managed for all participants in Rec Sports activities.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain. If anyone is suspected of sustaining a head injury/concussion, activity should be stopped and medical treatment should be pursued.

Signs and symptoms of a concussion can occur immediately or hours later, and can include the following:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Feeling sluggish, hazy, foggy, or groggy
- Confusion or memory problems
- Just not “feeling right” or “feeling down”
- Can’t recall events prior to or after a hit or fall
- Appears dazed or stunned
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

There is a trained Rec Sports staff member present at all Rec Sports events that head injuries/concussions can be reported to and that staff member can provide assistance. In addition, Birkam Health Center, can be used during its operational hours Monday-Friday (8am-11:30am and 1pm-4:30pm) for assistance and managing head injuries/concussions. The standard protocol is to always make sure that head injuries/concussions are referred to a physician.

This plan prepares staff to be aware of, prevent, and recognize head injuries/concussions. Through online training and printed material, Rec Sports staff, both student and professional, as well as club sport team members will be prepared to recognize the signs of head injuries/concussions. These people will have a duty to remove the injured from participation, monitor condition, recommend advanced medical care, and call for emergency medical care as needed.

All instances of suspected head injuries/concussions will be documented through an Injury/Incident Report and forwarded to the Risk Management Office at Ferris State University. The University Recreation (UREC) department keeps a copy of the report on file.



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Locations in the Big Rapids area for advanced medical assistance are as follows:

- Birkam Health Center
1019 Campus Drive
Big Rapids, MI 49307
231-591-2614
Monday – Friday, 8am-11:30am, and 1pm-4:30pm

- Spectrum Health Big Rapids Hospital
605 Oak Street
Big Rapids, MI 49307
231-796-8691
24 Hours (Emergency Room)

In regards to return to activity, the responsibility will fall on the injured and the health care professional that he/she has seen to determine when fully recovered. Since there is trust in the Rec Sports participant to recognize the seriousness of returning to activity prior to recovery, educational materials will be given to the participant if the staff feels that a concussion has occurred.

Below is the action plan for each area in Rec Sports that will be affected in this Head Injury/Concussion Management Plan:

INTRAMURAL SPORTS (IM Sports)

IM Sports are organized sports leagues and activities that take place within the Ferris State campus community. Over 3,400 Ferris State students, faculty, and staff participate each year across approximately 35 different sports and activities. IM Sports serve the purpose of creating healthy, social, exercise opportunities for the campus community as a whole – regardless of skill and experience level. IM Sports are held on the Ferris State campus across multiple UREC and Athletic facilities. The following is implemented to manage head injuries/concussions that may occur during IM Sports participation:

Staffing requirements:

- A. Heads Up Training (accepted by Michigan Department of Community Health as the standard) – part of required qualifications for those hired:
 - Rec Sports Student Coordinators (within first month of hire)
 - Rec Sports Assistants (within first month of hire)
 - IM Sports Supervisors (within first month of hire)
 - IM Sports Officials (within first month of hire)

- B. Student staff supervision at all IM Sports competitions and events.



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Published Information:

- A. Head Injury/Concussion Management Plan on IMLeagues (Administrative website for IM sports) and is required for review by all participants prior to participating within Intramural Sports at Ferris State University.

All participants will continue to be required to sign the participation waiver prior to any competition or activities.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

- B. All intramural sports rules will list the following under eligibility:

- “Concussion: Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.”

- C. Written section in IM Handbook located on department website and IMLeagues:

Concussion Management Plan: It is the plan of Rec Sports to effectively address the increased concern with head injuries/concussions amongst participants within intramural sports activities. This plan details how head injuries/concussions will be managed for all participants in Intramural Sports.

- a. **Definition:** A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.
- b. **Signs and Symptoms:** Signs and symptoms of a concussion can occur immediately or hours later, and can include the following:
 - i. Headache or “pressure” in the head
 - ii. Nausea or vomiting
 - iii. Balance problems or dizziness
 - iv. Double or blurry vision
 - v. Sensitivity to light
 - vi. Feeling sluggish, hazy, foggy, or groggy
 - vii. Confusion or memory problems
 - viii. Just not “feeling right” or “feeling down”
 - ix. Can’t recall events prior to or after a hit or fall
 - x. Appears dazed or stunned
 - xi. Moves clumsily
 - xii. Answers questions slowly



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- xiii. Loses consciousness (even briefly)
- xiv. Shows mood, behavior, or personality changes

c. **Plan:** Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

i. All instances of suspected head injuries/concussions will be documented through an Injury/Incident Report and will be forwarded to the Risk Management Office at Ferris State University. The UREC department keeps a copy of the report on file.

d. **Preparation:** In order to manage head injuries/concussions that may occur during IM Sports participation, the following requirements have been implemented by the Recreational Sports staff.

- i. Heads Up Training (accepted by Michigan Department of Community Health).
 - 1. Rec Sports professional staff members, Rec Sports Student Coordinators, Rec Sports Assistants, IM Supervisors, and IM Officials are required to complete this training within 1 month of their hire date.

e. **Published information:** References to head injury/concussion can be found on IMLeagues, within this document, on the UREC website, and in the IM Supervisors on-site binder. Any other information can be found on the Centers for Disease Control and Prevention website (<http://www.cdc.gov/headsup/>).

D. IM Supervisor's Binders to include:

- Concussion Identification Fact Sheet
- Concussion Action Plan

CLUB SPORTS

Club Sports are registered students organizations at Ferris State that have a focus on sports or athletic competition. Club Sports will hold regular practices as well as compete against other colleges and universities (both at home and on other campuses). There are 450+ student athletes and upwards of 20+ organizations in the Club Sports program annually.

Student leaders manage and make decisions for the individual clubs. Rec Sports staff assists in the advising and direction of Club Sports, both as individual organizations and as a collective whole. Each club is represented in the Club Sports Council and the council meets regularly (twice a month on average). The following is implemented to manage head injuries/concussions that may occur during Club Sports participation:



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Staffing requirements:

- A. Mandatory Club Sport Council workshop on Concussions (mandatory presentation from trained Rec Sports staff, signed as having attended).
- B. Heads Up Training (accepted by Michigan Department of Community Health as the standard) – free training course online through cdc.gov website:
 - Club team members: two club team members suggested to have completed training prior to the start of organized team activity: President, Vice President, and Coach (if the team has a coach).
 - Rec Sports Student Coordinators, Rec Sports Assistants, IM Supervisors (within first month of hire)
- C. All Club Sports members will continue to be required to sign the participation waiver for their sport on an annual basis, prior to any tryout, practice, or competition associated with the student's candidacy for membership.
- D. All competitions, practices, and tournaments held on Ferris State's campus should have at least one Club Sports supervisor who has gone through concussion training.

Published information:

- A. Reference to Head Injury/Concussion Management Plan is available for all Club Sports participants on the UREC website, and IMLeagues (Administrative website for Club Sports)
- B. Club Sports Supervisor's Binders to include: Concussion Identification Fact Sheet, and Concussion Action Plan
- C. Club Sports team folders to include (given each fall semester):
 - Concussion Identification for Coaches
 - Concussion Identification Fact Sheet
 - Concussion Action Plan

Additional Requirements:

- A. Compliance with Associations, Leagues, and Governing Bodies of Club Sports and what is required through those entities in regards to safety and head injury/concussion management.

Heads up Training for Rec Sports Staff:

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

