

SCYC Junior Sailing Program Head Injury and Concussion Policy

All lead instructors and coaches are required to take and pass the online CDC Concussion Training Course before going on the water. A printed completion certificate must be submitted to the director of the program they are supporting.

http://www.cdc.gov/concussion/HeadsUp/online_training.html

It is highly recommended that the dock master and all OWH (on water help) driver, parent, or photographer take the training.

Prior to each season, retesting and proof of completion documentation must be submitted by all coaches and OWH to the director of the program they are supporting.

All sailors “MUST” report any head injuries that occur during any sailing practice or a regatta by reporting to the nearest support boat for evaluation.

Instructors and coaches must use the “Clipboard: **Signs and Symptoms**” and follow the **Action Plan**.

If one sign or symptom is observed, the sailor or team will be sent to shore under support boat supervision. If multiple signs or symptoms are observed, the sailor or team will be towed in expeditiously. The support boat will notify dock master of the event by VHF radio or cell phone, and the dock master will contact the parents. If severe symptoms are present the coaching staff/support boat will call 911 first and then notify the parents.

Coaches are responsible for filling out an accident report and sending copies to the director of the program they are supporting and the Junior Program Director.

A sailor may not return to sailing until a medical professional has released them and provided a written note for the instructor or coach. If the sailor received a concussion, the sailor must complete the CDC 5-step recovery process prior to participating in on the water activities, along with providing a written release from a medical professional.

Instructor or coach will attach the release note to the original accident report to be kept in the accident report binder at the SCYC main office.

Sailors and Parents must sign and agree to the Concussion Policy prior to each season.