

## Milton Steelers RETURN TO PLAY POLICY

All Milton Steelers Members are required to comply with the following policy, as modified by the New-Found Life Youth Football League Board July 16, 2018. This policy applies to all practices, conditioning, games and functions sanctioned by the NMFL. This policy will be reviewed by the NMFL Executive Board yearly, at which time comments and suggestions for the improvement of the policy will be solicited from all Members, coaches, trainers, and officials, and appropriate modifications made.

### I. Definitions.

- A. "Health Care Provider" means a licensed physician or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.
- B. "Athlete" means any youth who participates in Milton Steelers flag, tackle and cheer, regardless of age.
- C. "Coach" means all coaches whether full or part time.
- D. "Member" means each standing League member.

### II. Policy.

The well-being of all Athletes in the NMFL is of **paramount concern**. New Found Life Youth Football League Board Members, Officials, Coaches, Parents and Athletes shall abide by this policy which follows Georgia House Bill HB284 "Return to Play Act" signed into law with an effective date of January 1, 2014.

- A. Prior to the beginning of each season, the NFLFL Director of Safety Management and all NFLYFL Member Clubs/Associations shall inform all players, cheerleaders, parents or legal guardians the nature and risk of concussion and head injury. Officials, coaches, parents and administrators shall agree that all athletes (players and cheerleaders) who show symptoms or signs of a concussion **do not** continue to participate in games or practices
- B. If a Coach of an impacted player, game official or League Board member observes an Athlete exhibiting any sign, symptom, or behavior consistent with a concussion, the Coach must immediately remove that Athlete from practice, conditioning, or game. The Athlete may not return to practice, conditioning, or game until a Health Care Provider has determined that the Student Athlete has not suffered a concussion. In the case where a Health Care Provider has determined that the Athlete has suffered a concussion, the Athlete may not resume practice, conditioning, or participation in games until medically determined capable of doing so for full or graduated return. In no circumstance may an Athlete return to a practice, conditioning or a game on the same day that a concussion has been diagnosed by a Health Care Provider or cannot be ruled out.

**APPENDIX A**  
**Milton Steelers RETURN TO PLAY RELEASE**  
**FORM**

Injury Date: \_\_\_\_\_ Occurred At: Practice \_\_\_ Game \_\_\_ Non NMFL Activity \_\_\_

Athlete's (Printed) Name: \_\_\_\_\_

NMFL Member Association: \_\_\_\_\_ Team Name: \_\_\_\_\_

**Definition:**

A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary, but can include problems with headache, concentration, memory, judgment balance and coordination. Although concussions usually are caused by a blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness, but most concussions do not. Because of this, some people have concussions and don't realize it. Concussions are common, particularly if you play a contact sport, such as football. But every concussion injures your brain to some extent. This injury needs time and rest to heal properly. Luckily, most concussive traumatic brain injuries are mild, and people usually recover fully.

**Symptoms:**

The signs and symptoms of a concussion can be subtle and may not be immediately apparent. Symptoms can last for days, weeks or even longer. The most common symptoms after a concussive traumatic brain injury are headache, amnesia and confusion. The amnesia, which may or may not be preceded by a loss of consciousness, almost always involves the loss of memory of the impact that caused the concussion.

Signs and symptoms may include:

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| *Headache or a feeling of pressure in the head | *Nausea or vomiting  |
| *Temporary loss of consciousness               | *Slurred speech      |
| *Confusion or feeling as if in a fog           | *Fatigue             |
| *Amnesia surrounding the traumatic event       | *Ringing in the ears |
| *Dizziness or "seeing stars"                   |                      |

Every coach in the North Metro Football League shall abide by this policy and receive instruction on recognizing the symptoms of concussions. Any Athlete who shows any symptom of a concussion shall be immediately removed from practice, conditioning, or game and will not be permitted to return to play until a Health Care Provider has signed below signifying either there is no concussion or determined the Athlete has had the proper treatment and is capable of returning to play. In no instance shall any Athlete showing concussion symptoms be allowed to return to play on the same day.

Health Care Provider Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Signature of Coach: \_\_\_\_\_ Date: \_\_\_\_\_