

# UNIVERSITY RECREATION

## Head Injury/Concussion Management Plan

It is the plan of University Recreation (UREC) 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 UREC 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 UREC staff member present at most events that head injuries/concussions can be reported to and that staff member can provide recommendations. 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, UREC staff, both student and professional, 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 UREC 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 UREC that will be affected in this Head Injury/Concussion Management Plan:

### OUTSIDE GROUPS/EVENTS

During the academic year, numerous groups and events are hosted in facilities managed by UREC. These events range in a multitude of areas and purposes, but many times there is a sport or physical activity component to them. These events range from swim lessons, to student organized tournaments and youth groups, ropes course activities, etc. For some events UREC will organize, plan, and manage the event. For those that are not managed by UREC, UREC staff still supervises the facility and the groups must adhere to facility policies.

Staffing requirements:

- A. Heads Up Certification
  - Student Building Managers/Member Services/Facility Staff/Lifeguards/Rock Wall Staff)  
(by February 14<sup>th</sup>)
- B. UREC- concussion presentation during employee group training:
  - All UREC staff (by September of that academic year)

### Communication with rental groups:

When the nature of the camp is sports, activity, and especially when it involves youth, part of the contract/negotiations acknowledge those attending, and those working with the youth at the camp have completed head injury/concussion training.



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### OPEN RECREATION/OTHER PROGRAMS

UREC and the Student Recreation Center has thousands of students and patrons come through its doors for open recreation throughout the year. The activity areas include basketball courts, weight room, fitness center, aerobic rooms, elevated track, swimming pool, and lobby area.

Staffing requirements:

- A. Heads Up Certification
  - Student Building Managers/Member Services/Facility Staff/Lifeguards/Rock Wall Staff (by February 14<sup>th</sup>)
- B. All other employee groups where activity takes place- Rec Sports- concussion presentation during employee group training (by September of that academic year).

### Heads up Training for Rec Sports Staff:

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

