



Concussion Awareness and Safety

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Before participating in any athletic competition, practice, tryout, workout, or related physical activity, all youth athletes and their parents or guardians must understand the risks associated with concussions and other head injuries. The Tampa YMCA is committed to providing a safe, healthy environment for youth, and the prevention, recognition, and proper response to head injuries. It is a shared responsibility among staff, coaches, volunteers, parents or guardians, and athletes to protect the well-being and long-term development of every child in our programs.

What Is a Concussion?

A concussion is a type of brain injury caused by a bump, blow, or jolt to the head, or by a hit to the body that causes the head to move rapidly back and forth. Even a mild concussion can have serious effects if not recognized and managed properly.

Why Continuing to Play Is Dangerous

Continuing to play or practice after a concussion increases the risk of:

- A longer recovery time
- A more severe brain injury
- Second Impact Syndrome, a rare but potentially fatal condition that can occur if another head injury happens before full recovery

Tampa Y Removal and Return-to-Play Policy

- Any youth athlete suspected of sustaining a concussion or head injury during practice or competition must be immediately removed from the activity.
- The athlete may not return to practice or competition until they provide written medical clearance stating they no longer exhibit symptoms.
- Medical clearance must be issued by a licensed health care provider trained in the diagnosis, evaluation, and management of concussions, as defined by the Sports Medicine Advisory Committee of the Florida High School Athletic Association (FHSAA).

What Parents and Athletes Should Do

- Report all head injuries or symptoms immediately.
- Do not return to play until cleared by a qualified health care provider.
- Support teammates by speaking up if you notice signs of a concussion.

Signs and Symptoms of a Concussion:

- Headache or "pressure" in the head
- Dizziness, balance problems, or blurred vision
- Nausea or vomiting
- Confusion, trouble concentrating, or memory problems
- Sensitivity to light or noise
- Feeling sluggish, foggy, or unusually emotional



Let us work together to keep every athlete safe because your brain health matters more than any game.