Swim Team
Information

802 Judith Dr.
Kettering, OH 45429
937-434-3061

If you have any questions please contact:

Sarah Howdeshelt- (937) 470-0484
Deme Crinion- (831) 809-4010
Jen Branquinho- (937) 694-3637
info@clubmarinole.com
SWIM TEAM

Head Coach: Wendy Beavers- Beaversw3133@gmail.com 937-716-8741

Swim Team Board Members- Sarah Howdeshelt, Deme Crinion & Jen Branquinho

Swim Meets:
Thursday, June 7th @ HOME
Wednesday, June 13th @ Crestwood
Tuesday, June 19th @ Woodhaven
Thursday, June 21st @ HOME
Monday, June 25th @ Fair Valley
Wednesday, June 27th @ HOME

Monday, July 9th - Semi Finals 10 & under @ Four Seasons
Tuesday, July 10th - Semi Finals 11 & Over @ Pinecrest
Rain Date- Wednesday, July 11th - Semi Finals 10 & under @ Four Seasons
Rain Date- Thursday, July 12th - Semi Finals 11 & Over @ Pinecrest
MONDAY, July 16th - FINALS @ Woodhaven

Volunteers Needed
-If your child is swimming in the meet, one parent is responsible for volunteering.

Practice Times:
Mondays-Thursday (Mornings)
- Ages 3-beginners & 12-older: 10:00am-11:00am
- Ages 7-11: 11:00am - 12:00pm

Mondays & Wednesdays (Evenings)
-All ages: 7:45 pm - 8:45pm

Prices
-One swimmer = $65 plus $25 to cover concession expenses*
-Two or more swimmers per family = $120 plus $25 to cover concession expenses*
-Swimmers in the 15-18 age group swim for FREE

*This $25 will eliminate a need to donate food, soda, and water for swim meets as we did in years past.
CLUB MARINOLE SWIM TEAM INFORMATION

Beginning of Season:
1. All swimmers must have turned in a GDSA Swimmer registration and Emergency Medical Forms in order to practice and compete in meets.
2. Families must sign up to volunteer at least one parent/adult worker for each meet. We will be sending out a link for the volunteer website.
3. Please email the Coach and Sarah Howdeshelt of any vacation schedules.

Swim Meet Items:
4. Swim suit/towel
5. Goggles (extra pairs in case of breakage)
6. Team cap or solid color swim cap (team cap will be provided)
7. Sweat shirt/pants for cool weather
8. Chairs/blankets to sit on
9. Insect repellant
10. Books, cards, or easy pack toys/games to entertain swimmers between events.
11. *Host Pool and Club Marinole are not financially responsible for lost or stolen items.
12. Healthy snacks/drinks or money to purchase snacks at concession stand

Day of Meet:
Morning of Meet:
1. Check tentative event line-ups for swimmer’s events.
2. Notify Coach immediately for conflicts associated with attending meet (delay’s, illness, etc.)
3. Check Team bulletin board, team web site or www.GDSAswim.com for directions to host team.
4. Check Volunteer Sign-up sheet for meet worker assignments. *Notify Sarah (937-470-0484) immediately if unable to work at meet.
5. Try to stay out of the sun during the day and rest for the evening.

Prior to Meet:
1. Arrive at host pool by 5:45 PM.
2. If arriving late, please call another parent to notify coaches.
3. Locate Team area.
4. Check-in with Head Coach, Assistant Coaches, and Lane Coordinators for events, lane assignments, and warm-up time.
5. Volunteer meet workers check-in with Sarah to receive stop watches and check on meeting time for officials/timers.
6. Swimmers warm-up with team.

During Meet:
1. Keep to Team area to assist coaches locating swimmers for event changes.
2. Parents to send swimmers to the blocks when event is posted or announced to “Report In” for heat placement with the Lane Coordinators. Land Coordinators will line up swimmers in heats.
*Note: It is parent’s responsibility to get their child to the Lane Coordinators behind the block.
3. After swimming event, swimmers see coaches for stroke mechanic advice.
4. If leaving early, report out with coaches

After Meet:
1. Help clean up Team area.
2. If host team, help with pool clean up.
3. If time permits, socialize with team families at a location TBA during the meet.
### 2018 Club Marinole Swim Team Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs, May 3</td>
<td>Parent Info Meeting &amp; Suit Fitting @ Kettering Library</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Wed, May 16</td>
<td>Volunteer Officials Training @ Orchard Park</td>
<td>6:30pm</td>
</tr>
<tr>
<td>Thurs, May 24</td>
<td>Pool Opening for Swim Team Potluck</td>
<td>6:00pm</td>
</tr>
<tr>
<td>Tues, May 29</td>
<td>Regular Practice Begins</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Mon-Thurs mornings:</strong> 10-11am Ages 6 &amp; under, and 12 + 11-12pm Ages 7-11</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Mon &amp; Wed evenings:</strong> 7:45-8:45pm All ages</td>
<td></td>
</tr>
<tr>
<td>Sat, Jun 2</td>
<td>Time Trials &amp; Pool Intro</td>
<td>10:00am</td>
</tr>
<tr>
<td>Thurs, Jun 7</td>
<td><strong>Home Meet @ Marinole</strong></td>
<td>6:45pm</td>
</tr>
<tr>
<td></td>
<td>Visiting: Fair Valley &amp; Oak Creek</td>
<td>Warm-ups @ 6:10pm</td>
</tr>
<tr>
<td>Wed, Jun 13</td>
<td>Meet @ Crestwood</td>
<td>6:45pm</td>
</tr>
<tr>
<td></td>
<td>Visiting: Marinole &amp; Woodhaven</td>
<td>Warm-ups @ 6:20pm</td>
</tr>
<tr>
<td>Tues, Jun 19</td>
<td>Meet @ Woodhaven</td>
<td>6:45pm</td>
</tr>
<tr>
<td></td>
<td>Visiting: Marinole &amp; Pinecrest</td>
<td>Warm-ups @ 6:20pm</td>
</tr>
<tr>
<td>Thurs, Jun 21</td>
<td><strong>Home Meet @ Marinole</strong></td>
<td>6:45pm</td>
</tr>
<tr>
<td></td>
<td>Visiting: Pinecrest &amp; Four Seasons</td>
<td>Warm-ups @ 6:10pm</td>
</tr>
<tr>
<td>Mon, Jun 25</td>
<td>Meet @ Fair Valley</td>
<td>6:45pm</td>
</tr>
<tr>
<td></td>
<td>Visiting: Marinole &amp; Crestwood</td>
<td>Warm-ups @ 6:20pm</td>
</tr>
<tr>
<td>Wed, Jun 27</td>
<td><strong>Home Meet @ Marinole</strong></td>
<td>6:45pm</td>
</tr>
<tr>
<td></td>
<td>Visiting: Four Seasons &amp; Woodhaven</td>
<td>Warm-ups @ 6:10pm</td>
</tr>
</tbody>
</table>

### Finals Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, July 9</td>
<td>10 &amp; Under Semifinals @ Four Seasons</td>
<td>TBD</td>
</tr>
<tr>
<td></td>
<td>*Rain date: July 11</td>
<td></td>
</tr>
<tr>
<td>Tues, July 10</td>
<td>11 &amp; Up Semifinals @ Pinecrest</td>
<td>TBD</td>
</tr>
<tr>
<td></td>
<td>*Rain date: July 12</td>
<td></td>
</tr>
<tr>
<td>Wed, July 11</td>
<td>Swim Team Banquet @ Marinole</td>
<td>6:30pm</td>
</tr>
<tr>
<td></td>
<td>All families invited</td>
<td></td>
</tr>
<tr>
<td>Thurs, July 13</td>
<td>Practice for all finals swimmers</td>
<td>10am</td>
</tr>
<tr>
<td>Mon, July 16</td>
<td>Finals @ Woodhaven</td>
<td>TBD</td>
</tr>
<tr>
<td></td>
<td>*Rain date: July 17</td>
<td></td>
</tr>
</tbody>
</table>
Swim Team

Want your son or daughter to be a stronger swimmer?
Join Club Marinole’s Swim Team today!

Sign-ups- Thursday, May 3rd at 7pm at the Kettering-Moraine Library
3496 Far Hills Ave, Kettering 45429

Club Marinole’s Swim Team is beneficial in more ways than one. By signing your child up for Swim Team you are not only making a stronger swimmer, but offering them social opportunities. We welcome any swimmer up through the age of 18 years old. Swimmers 6 and younger will only swim half the length of the pool in swim meets.

Swim Team Fee:
- One swimmer = $65 plus $25 to cover concession expenses*
- Two or more swimmers per family = $120 plus $25 to cover concession expenses*
- Swimmers in the 15-18 age group swim for FREE

*This $25 will eliminate a need to donate food, soda, and water for swim meets as we did in years past.

Swim Team Suit Fittings:
We will have new swim suits this year. As always, we try to keep them similar to previous years. Our colors are red, white, and blue. Team suits are not mandatory. If you need a suit for this season, the fitting will be Thursday, May 3rd at 7pm at the Kettering Moraine Library, 3496 Far Hills Ave, Kettering 45429

Meet Schedule:
Please visit www.clubmarinole.com or www.gdsaswim.com to see the GDSA Meet Schedule.

After every meet we will either have a Swim Team Night Party for the swimmers or have a Team Feed at a local fast food restaurant. This is a good time to mingle with friends and make lasting memories.

Parents/Volunteers:
If are interested in joining the Swim Team Committee or leading a Sub-Committee, please email info@clubmarinole.com with your interests.

The Sub-Committees Chairs we need are:
- Volunteers- Coordinating volunteers for all meets
- Scores Table and Ribbons- Learning the Scores Table software and teaching other volunteers
- Pool Logistics- Working with the Pool Manager on swim meet days to make sure the pool is set up. Also, verifying the lane lines and diving block are working properly
- Officials- Coordinating with volunteers to verify judges are trained with being a Stroke & Turn Judge and Referees

If you are just interested in volunteering please email info@clubmarinole.com and we will find a place for you!

Additional information will be provided on Thursday, May 3rd at 7pm, Kettering Library. See you there!!!!
Call 937-470-0484 if you have any questions.
Swim Meet Volunteer Duties

*If your child is swimming in the meet, one parent is responsible for volunteering.*

**Coaches/Computer Scorer's Clinic and Official Training is Wednesday, May 16 at 6:30 at Orchard Park, 600 E. Dorothy Lane, Kettering. Park on the East side of School and enter in East side door and Thursday, May 17 at 6:30 in Vandalia. Let me know if you are interested in this session and I will get directions.

***We will have a sign-up sheet online for individual meet responsibilities. Here are the descriptions of responsibilities needed.***

TIMERS and Head Timer- 6 timers and 1 head timer are needed for each meet. Timers stand at one end of the pool at start the timer when the event starts and stops the timer when the swimmer touches the wall. (Please see example sheet)  Head timer starts two watches and provides their times for any lanes that miss the start.

RELAY TAKE-OFF JUDGES- These judges will be positioned near the diving blocks and monitor the relay exchanges.

STROKE AND TURN JUDGES- These judges walk the sides of the pool and identify if swimmers perform a stoke illegally. *This is a trained position. Please let Sarah Howdeshelt know if you are interested in training.*

ANNOUNCER- Before the start of each event, he/she shall announce the event, type of event and at the start of each heat he/she shall announce the lane, the name of each competitor and club affiliation. *This is a trained position. Please let Sarah Howdeshelt know if you are interested in training.*

REFEREE- The referee shall have full authority over all officials except when a safety hazard proclamation has been issued by the Meet Director, and shall assign, and instruct all officials accordingly. He/She shall enforce all the rules and decisions of the GDSA, and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules. He/She can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which he/she has personally observed. *This is a trained position. Please let Sarah Howdeshelt know if you are interested in training.*

STARTER- The starter directs swimmers to ‘take your mark’ and start the race. *This is a trained position. Please let Sarah Howdeshelt know if you are interested in training.*

DATA ENTRY PERSON- This person will work during home meets to record the times and scores of the swimmers. This position involves working on a computer. *This is a trained position. Please let Sarah Howdeshelt know if you are interested in training.*

AWARDS- This position is labeling ribbons during home meets.

CONCESSIONS- This position will be working at the concession stand during home meets.

BULL PEN PARENT- This position will be to track down swimmers prior to their event and send them up to the blocks.
<table>
<thead>
<tr>
<th>Club Marinole Female Team Suit</th>
<th>Club Marinole Team Jammer</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Female Team Suit" /></td>
<td><img src="image" alt="Team Jammer" /></td>
</tr>
<tr>
<td>Price: $46.00</td>
<td>Price: $32.00</td>
</tr>
<tr>
<td>List Price: $66.00</td>
<td>List Price: $46.00</td>
</tr>
</tbody>
</table>

To order, go to our team portal: [www.swimandtri.com](http://www.swimandtri.com)

Left side is a tab saying Team portal click here, Portal code is **CMari**

Suits will be shipped in bulk for free, unless ordered after cutoff date.

Due date to order suits for bulk shipping is **May 9th**.
Phone: (937) 838-1645  
Email: m dobyns@portraitefx.com  
www.onthemark.portraitefx.com

Package A  
Your Best Buy!  
8x10 Memory Mate,  
1 Photo Button,  
1-8x10 Mag Cover,  
2-5x7s, 4-4x5s  
10 Wallets &  
12 Sports EFX!  
Trader Cards  
Only $49

Package B  
Most Popular!  
1-8x10 Memory Mate  
1-8x10 Mag Cover,  
2-5x7s, 10 Wallets &  
12 Sports EFX!  
Trader Cards  
Only $40

Package C  
1-8x10 Memory Mate  
2-5x7s, 2-4x5s  
10 Wallets &  
12 Sports EFX!  
Trader Cards  
Only $35

Package D  
1-8x10 Memory Mate  
1-5x7, 7 Wallets &  
12 Sports EFX!  
Trader Cards  
Only $28

Package E  
1-5x7 & 15 Wallets  
Only $20

*Memory Mates include both an individual & Team Photo in one 8x10 Format

Other Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Price Added to Package</th>
<th>Price Individually</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>8x10 Magazine Cover – Indiv.</td>
<td>$13</td>
</tr>
<tr>
<td>G</td>
<td>Memory Mate PLAQUE</td>
<td>$18</td>
</tr>
<tr>
<td>H</td>
<td>8x10 Individual Photo</td>
<td>$10</td>
</tr>
<tr>
<td>I</td>
<td>10- Wallets – Individual</td>
<td>$10</td>
</tr>
<tr>
<td>J</td>
<td>4- Photo Magnets - Individual</td>
<td>$10</td>
</tr>
<tr>
<td>K</td>
<td>Set of 2 Photo Key Chains</td>
<td>$13</td>
</tr>
<tr>
<td>L</td>
<td>1- Cutout Photo Magnet</td>
<td>$7</td>
</tr>
<tr>
<td>M</td>
<td>Water Bottle</td>
<td>$14</td>
</tr>
<tr>
<td>N</td>
<td>2- 5x7 Individual Photos</td>
<td>$10</td>
</tr>
<tr>
<td>O</td>
<td>1- Photo Button - Individual</td>
<td>$8</td>
</tr>
<tr>
<td>P</td>
<td>12 - Sports EFX! Trader Cards</td>
<td>$12</td>
</tr>
<tr>
<td>Q</td>
<td>Designer Mousepad</td>
<td>$14</td>
</tr>
<tr>
<td>R</td>
<td>5-2x8 Game tickets w/player</td>
<td>$10</td>
</tr>
<tr>
<td>S</td>
<td>1-Metal DOGTAG</td>
<td>$12</td>
</tr>
<tr>
<td>T</td>
<td>16x20 Memory Mate POSTER</td>
<td>$33</td>
</tr>
<tr>
<td>U</td>
<td>8x10 Team Photo</td>
<td>$12</td>
</tr>
<tr>
<td>V</td>
<td>8x10 Memory Mate (Indiv/Team)</td>
<td>$12</td>
</tr>
<tr>
<td>W</td>
<td>Cutout Statuette (5X7 Individual)</td>
<td>$13</td>
</tr>
<tr>
<td>X</td>
<td>Cutout Statuette (8x10 Individual)</td>
<td>$18</td>
</tr>
<tr>
<td>Y</td>
<td>Buddy Cutout Statuette (8x10)</td>
<td>$23</td>
</tr>
<tr>
<td>Z</td>
<td>Buddy Cutout Statuette (5x7)</td>
<td>$16</td>
</tr>
<tr>
<td>AA</td>
<td>50”x60” 2-sided BLANKET</td>
<td>$75 (Shipping may apply)</td>
</tr>
<tr>
<td>BB</td>
<td>16x20 Cutout Wall Cling (Individual)</td>
<td>$45</td>
</tr>
</tbody>
</table>

FOR CREDIT CARD PAYMENTS: FOR YOUR SECURITY - You may either PREPAY ONLINE at www.onthemark.portraitefx.com or we will electronically swipe your card on PICTURE DAY.

We’d love to show you off!! Please sign here if PortraitEFX may feature these portraits in online photo galleries or promo flyers (Sign Here ___________________________ Date ___________________________)

Order Below. Please PRINT! We are not responsible for missing or inaccurate info on personalized items!

1. Exact payment required on Picture Day.  
2. Fill out the information below completely for product accuracy. Keep top portion for your records.  
3. Each person must have a separate order form. Make Checks Payable to: PortraitEFX  
   Return check fee is $30.

Player’s First Name: ___________________________ Player’s Last Name: ___________________________

Team Name: ___________________________

Coach: ___________________________ Age Group: ___________________________

Position: ___________________________ Uniform # ___________

Parent’s Phone: ___________________________ - ___________________________ - ___________________________

Parent’s E-Mail: ___________________________

FOR TRADER CARDS ONLY: Age: _______  
Height: _______ Feet _______ inches  
Weight: _______

Office Use Only. INDIVIDUAL ______ TEAM ______

*Prices Include All Applicable Taxes

Enclosed is: Cash ___ Credit Card ___ Check ___
GDSA Compliance to Lindsay’s Law

In the spring of 2017, Lindsay’s Law (ORC 3313.5310, 3707.58, & 3707-59) was enacted requiring compliance by all Ohio’s Youth Sports Organizations. GDSA is considered a ‘Youth Sports Organization’ under the law. The following is the definition of a ‘Youth Sports Organization’:

“... defined as public or nonpublic entities that organize athletic activities in which the athletes are not more than 19 years old and are required to pay a fee to participate in the athletic activity or whose cost to participate is sponsored by a business or nonprofit organization.”

The Ohio Department of Health (ODH), under the Lindsay’s Law, requires coaches, parents/guardians, and athletes of youth sports organizations to view a training video and review written materials every season concerning sudden cardiac arrest in youth, recognizing symptoms, appropriate interventions, and athlete’s return to participate requirements. The following is the link to access the training video:

https://www.youtube.com/watch?v=h3teQ3e_hoQ&feature=youtu.be

The video lasts 18 min. A certificate of proof of viewing the training video in not provided. GDSA representatives will develop and keep record (signature form) of parent’s/guardian’s fulfilling the requirement to view training video. The following are the time frames for completion:

1. Coaches are mandated to watch the training video session and review the Ohio Department of Health document “Sudden Cardiac Arrest and Lindsay’s Law Information for Coaches” prior to the first day of practice.
2. Officials are mandated to watch the training video and review the Ohio Department of Health document “Sudden Cardiac Arrest and Lindsay’s Law Information for Coaches” prior to the first day of practice.
3. Athletes and parents/guardians are to watch the training video, review the “Sudden Cardiac Arrest Information Handout”, and return a signed copy of the handout to their GDSA Representative prior to the first day of practice.
4. GDSA Representatives will maintain records of proof of compliance to the law.

The Ohio Law (ORC 3315.5310) requires youth sports organizations to provide parents/guardians a sudden cardiac arrest information handout. GDSA will use the handout from the ODH. The GDSA Representatives for the individual pools will keep the signed handouts with the individual team documents showing proof of compliance. A copy of the coach’s information handout must be kept on file in Pool Managers office for reference to the law.
GDSA’s procedure in response to a swimmer fainting or near fainting during or following swim practice and/or competition in avoidance of a sudden cardiac arrest (in compliance with Ohio’s Administrative Code pertaining to Lindsay’s Law) will be the following:

1. The swimmer will be removed from practice and/or competition.
2. The parents/guardians and/or coaches are to be advised of the swimmer’s removal from competition.
3. The Swimmer must undergo a physical evaluation by either of the following healthcare professional:
   a. Physician
   b. Advanced Nurse Practitioner
   c. Physician’s Assistant
   d. Clinical Nurse Specialist
   e. Athletic Trainer
4. A written note from the healthcare provider conducting the physical evaluation granting permission for the swimmer to return to practice and/or competition must be submitted to coach.
5. The written note will be kept on file with team documents for the remainder of the season.

Let me know of any revisions to the guidelines listed above as we will include these into our rulebook for the 2018 seasons and Coaches/Officials/Computer Scorers 2017 Seasons Highlights.
Concussion Information Sheet for Parents & Swimmers

Dear Parent/Guardian and Athletes,
This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?
A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion
Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians
- Appears dazed, stunned or confused
- Unsure about event, location of name of meet
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes – irritability, sadness, nervousness, emotional
- Can’t recall events before or after incident

Symptoms Reported by Athlete
- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Trouble falling asleep
- Sleeping more or less than usual

Be Honest
Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season… or risk permanent damage!
Seek Medical Attention Right Away
Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No athlete should return to activity on the same day he/she gets a concussion
- No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms....... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms
- Parents and coaches should never pressure any athlete to return to play

The Dangers of Returning Too Soon
Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery
A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.

Returning to Daily Activities
1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child’s activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain’s recovery.
4. Limit your child’s physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child’s symptoms at different times to help guide recovery.

Returning to School
1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
   a. Increased problems paying attention.
   b. Increased problems remembering or learning new information.
   c. Longer time needed to complete tasks or assignments.
   d. Greater irritability and decreased ability to cope with stress.
   e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

**Returning to the Pool**
1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child’s coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child’s injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

**Resources:**

**Insurance** - USA Swimming provides an excess accident medical insurance policy through Mutual of Omaha for USA Swimming members while participating or volunteering in a USA Swimming sponsored or sanctioned event. Details of the insurance coverage are on the USA Swimming website under Insurance and Risk Management.

**Centers for Disease Control and Prevention** - [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

**Zurich Concussion Conference (2012)** - Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012. [http://bjsm.bmj.com/content/47/5/250.full](http://bjsm.bmj.com/content/47/5/250.full)

**ODH Violence and Injury Prevention Program** - [www.healthyohioprogram.org/concussion](http://www.healthyohioprogram.org/concussion)

**National Federation of State High School Associations** - [www.nfhs.org](http://www.nfhs.org) – Index concussions and see “A parent’s guide to concussion in sports”.
What Is a Concussion?
A concussion is a type of traumatic brain injury—or TBI—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 quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?
Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children’s or teens’ chances of getting a concussion or other serious brain injury, you should:
• Help create a culture of safety for the team.
  › Work with their coach to teach ways to lower the chances of getting a concussion.
  › Emphasize the importance of reporting concussions and taking time to recover from one.
  › Ensure that they follow their coach’s rules for safety and the rules of the sport.
  › Tell your children or teens that you expect them to practice good sportsmanship at all times.
• When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no “concussion-proof” helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?
Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents
• Appears dazed or stunned.
• Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
• Moves clumsily.
• Answers questions slowly.
• Loses consciousness (even briefly).
• Shows mood, behavior, or personality changes.
• Can’t recall events prior to or after a hit or fall.

Symptoms Reported by Children and Teens
• Headache or “pressure” in head.
• Nausea or vomiting.
• Balance problems or dizziness, or double or blurry vision.
• Bothered by light or noise.
• Feeling sluggish, hazy, foggy, or groggy.
• Confusion, or concentration or memory problems.
• Just not “feeling right,” or “feeling down.”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren’t serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that it’s better to miss one game than the whole season.
Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children’s or teens’ health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child’s or teen’s health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child’s or teen’s school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child’s or teen’s return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—which the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

To learn more, go to www.cdc.gov/HEADSUP
Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

**SIGNS OBSERVED BY COACHING STAFF**
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

**SYMPTOMS REPORTED BY ATHLETE**
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

**ACTION PLAN**
As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury,** such as how it happened and the athlete’s symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete’s parent(s) or guardian(s) about the possible concussion and refer them to CDC’s website for concussion information.**
5. **Ask for written instructions from the athlete’s health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
   - Be back to doing their regular school activities.
   - Not have any symptoms from the injury when doing normal activities.
   - Have the green-light from their health care provider to begin the return to play process.

For more information and to order additional materials **free-of-charge**, visit: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP).

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.