Infinity Gymnastics Concussion Protocol

USA Gymnastics & New York State Compliance

Purpose

Infinity Gymnastics is committed to the safety and well-being of all athletes. This protocol establishes clear procedures for recognizing, responding to, and managing concussions in accordance with **USA Gymnastics Sports Concussion Guidelines** and **New York State Education Law.**

1. Recognition and Immediate Response

- Any gymnast suspected of sustaining a concussion during training, competition, or other gym activities **must be immediately removed** from participation.
- **Signs and symptoms** may include:
    - Headache, dizziness, confusion, blurred vision, nausea, balance problems, or sensitivity to light/noise.
    - Behavioral changes such as irritability, slowed responses, or difficulty concentrating.
- **Coaches and staff** must not attempt to diagnose a concussion. Only a **licensed healthcare professional** trained in concussion management may make that determination.

2. Reporting and Documentation

- The incident must be documented using the **Infinity Gymnastics Accident/Incident Report Form** within 24 hours.
- Parents/guardians must be notified immediately.
- The gymnast may not return to participation until **written medical clearance** is provided by a healthcare professional experienced in concussion care.

3. Removal and Medical Evaluation

- The gymnast will be **removed from all physical activity** (including conditioning and non-impact drills) until evaluated.
- The athlete must be assessed by a **qualified medical provider** following the USAG Concussion Care Guidelines.
- The gym will maintain a record of the evaluation and clearance documentation.

4. Return-to-Sport Protocol

Following USA Gymnastics' updated guidelines:

- Strict rest is **no longer required**, but progression must be **symptom-guided**.
- The athlete may begin **Stage 1** once cleared by a medical professional, even if mild symptoms persist.
- Each stage should last **at least 24 hours**, and progression should stop if symptoms worsen.
- **No same-day return** is permitted under New York State law.

Stage	Activity	Goal
1	Light aerobic activity (walking, stationary bike)	Increase heart rate
2	Sport-specific movement (basic gymnastics drills, no impact)	Add movement
3	Non-contact training (skills without risk of head impact)	Increase coordination
4	Full practice (with medical clearance)	Restore confidence
5	Return to competition	Full participation

5. Education and Training

- All **coaches and staff** must complete **annual concussion education training** approved by the **New York State Department of Health (NYSDOH)** or **CDC HEADS UP**.

6. Communication and Compliance

- The concussion protocol will be reviewed annually and updated per **USAG and New York State guidelines**.
- All staff must acknowledge understanding and compliance with this policy.
- The gym will maintain copies of all concussion-related documentation for **at least seven years**.

7. Emergency Procedures

If a concussion is suspected and symptoms are severe (e.g., loss of consciousness, repeated vomiting, worsening headache, or confusion):

- Call **911** immediately.
- Contact the parent/guardian.
- Do not move the athlete unless necessary for safety.

8. New York State Compliance Addendum

Under **New York State Education Law** and **Commissioner's Regulation**, youth sports organizations must follow concussion management protocols consistent with school standards.

- **Medical clearance** must come from a physician, nurse practitioner, or physician assistant trained in concussion management.
- **Parent/guardian notification** must be documented before resuming activity.
- **Annual training** is required for all staff.
- Families must have access to the **NYSDOH Concussion Information Sheet**
    - Posted on Infinity Gymnastics website.