Flip Out Concussion Training

Any member of Flip Out with signs/symptoms/behaviors consistent with having a concussion will be removed from practice or any event for evaluation. It is required the head coach be notified. Signs that warrant immediate removal from the gym include: actual or suspected loss of consciousness, seizure, tonic posturing, ataxia, poor balance, confusion, behavioral changes and amnesia. Members will be removed from practice/play for that calendar day if concussion is confirmed or suspected. Members only return to play the same day if concussion is no longer suspected after medical evaluation\*. \*Even in such cases, consider next day follow-up assessment because initial symptoms may evolve over hours.

All Coaches and staff, upon hire, will be briefed in the CDC’s guideline for concussion training for coaches with online video training referred to as, “HEADS UP.”