



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

EXCEL AFTER THE BELL

**AFTERSCHOOL CARE
2018-2019
Parent Handbook**

CHANNEL ISLANDS YMCA
serving Santa Barbara and Ventura counties

STUART C. GILDRED FAMILY YMCA
ciymca.org/stuartgildred
805.686.2037



IT'S NOT JUST KIDS STUFF

The Y is a diverse organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We bring men, women and children together, and our shared commitment to our communities create opportunities to learn, grow and thrive for all.

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for more up to date information: ciymca.org/stuartgildred

CHANNEL ISLANDS YMCA MISSION STATEMENT

The Channel Islands YMCA is a charitable organization providing programs based upon Christian principles to men, women, and children of all ages, races, religious beliefs, and economic status, to develop and enrich the spirit, mind, and body.

FINANCIAL ASSISTANCE

Our programs and services are available to everyone regardless of ability to pay. OPEN DOORS, the Channel Islands YMCA financial assistance program, uses a sliding fee scale designed to meet financial needs of most families and individuals. People of all ages, backgrounds, abilities and incomes need assistance at different times in their lives; anyone can apply for OPEN DOORS financial assistance. If we can serve you or your family in this way please complete the financial assistance application available online at **ciymca.org** or visit any of our local YMCA branches.

Financial assistance is available through the generous support of Annual Campaign.

PROGRAM OPTIONS

Afterschool care - This plan is available part time (1-3 days) or full time (4-5 days). Children may only attend on the pre-selected days. Changes and cancellations must be made 30 days in advance in written form only (letter or email).

Daily Rate is available for one day drop-ins. The payment must be made prior to attendance or will be automatically drafted. Attendance must be pre-arranged.

School's Out Care – We offer "School's Out Care" at select locations in select districts when school is not in session. "School's Out Care" Days are typically available during parent-teacher conferences, teacher in-services, winter and spring breaks, and other days out.

FOUR CORE VALUES

The Four Core Values were introduced by the YMCA of the USA in the mid 1990's. These assets were put in place in order to teach children the difference between right and wrong. We stress the high importance of these values everyday in all of our camps.

Honesty: Being honest, dependable & loyal.

Respect: Living the Golden Rule, accepting others, showing courtesy and manners.

Responsibility: Being accountable, doing one's best.

Caring: Being kind, compassionate & understanding, showing love and charity to others.

HEPA STANDARDS

In response to a call by former first Lady Michelle Obama and the Partnership for a Healthier America (PHA), the Y has committed to adopting new standards for nutrition and physical activity in our early childhood, afterschool, and camp programs. The Healthy Eating and Physical Activity Standards or HEPA standards are used in conjunction with daily programming in order to insure the overall wellbeing of the participants in and out of our care. The standards are based in part on years of research supported by collaborations with the Harvard School of Public Health (HSPH),

University of Massachusetts at Boston, the Healthy Out of School Time Coalition (HOST) and the National Institute for Out of School Time (NIOST). Through these collaborations, as well as the experience of Ys across the nation, the Y has learned the most effective ways to create healthy environments in our programs and out-of-school time settings. If you would like more information, on these standards please contact the program director.

LICENSING INFORMATION

Our programs are licensed by the Community Care Licensing Division of the State of California, Department of Social Services. To be licensed, our programs must comply with the Manual of Policies and procedures for Child Care Centers. The regulations cover such areas as: physical environment and safety, staff qualifications, supervision and staff/child ratios program activities and equipment, health, food and nutrition, parent/community participation, administrative and record keeping requirements and others. We encourage parents to discuss with us any questions or concerns.

Licensing Rights

Any duly authorized officer, employee, or agent of the department may, upon presentation of proper identification, enter and inspect any place providing personal care, supervision, and services at any time, with or without advance notice, to secure compliance with, or to prevent a violation of, this act or the regulations adopted by the department pursuant to the act.

CHILD CARE STAFF

The Afterschool Program operates under direct supervision of the Program Director. Each site is staffed by a Site Supervisor, whose responsibility is the operation of that particular program, including but not limited to the supervision of children and staff, program planning and implementation, communication and parent relations. The Site Supervisors are supported by additional staff based on the needs and size of the program.

Site Directors and Supervisors meet Title XX11 regulations set by the Department of Social Services. Most of our staff are college students with sports, recreation, or education backgrounds. All have cleared fingerprint clearance and are certified in CPR, AED, First-Aid, and Child Abuse Prevention. They have had a successful experience working with children and have been trained by YMCA Directors and are looking forward to getting to know your family.

BABYSITTING

YMCA staff shall not socialize with children enrolled in YMCA programs outside of approved YMCA activities, **including babysitting or transporting children.** Immediate disciplinary action will be taken by the YMCA toward YMCA staff if a violation is discovered. **PLEASE DO NOT ASK STAFF TO BABYSIT!**

RATIO

Due to regulation of the Community Care Licensing Division of the State of California we are required to maintain at least a 1:14 ratio at all times. A minimum of two staff members are required to be present in child care at all times. The Channel Islands YMCA does not provide one-on-one aides for children with special needs. If an aide is necessary the parent may provide one (please contact the Community Program Director).

CHILDREN WITH SPECIAL NEEDS

Channel Islands YMCA will accept children with special needs into our programs and makes a reasonable effort to accommodate the child without fundamentally altering the child care program. The Channel Islands YMCA provides group child care and is not able to provide personal assistants for children with special needs. If a child needs an aide please contact the program director for directions in placing an assistant in our program to aide your child.

PARENT RESPONSIBILITIES

The YMCA recognizes that parents are the most important people in a child's life. We believe parents are #1 in importance, they are also #1 in the ability to influence and motivate their children. We welcome your advice, participation and support. If you have an issue, concern or question please speak with the Site Supervisor. If they are unable to meet your needs, please contact the Program Director.

Your Responsibilities:

The Y is not responsible for your child until he/she has been signed in and acknowledged by a staff member.

All students must be signed in/out each day with a full legal signature from an adult (at least 18 yrs of age). Students will only be released to persons listed on the registration pick-up list. To ensure safety, all adults must show valid **photo I.D.** when picking up children.

California's law requires children age 8 or under who are less than 4'9" in height to be secured in a rear seat in a child passenger restraint system. If you are seen taking a child that requires the use of a car seat, but do not have one, you or the person picking up your child will not be allowed to take him/her home.

Payment for care must be paid by EFT or credit card draft. Payment by checks can be made at the time of sign up but need to be paid before services are rendered. Failure to do so may result in a loss of registration and/or deposit, and will require an additional \$20 charge.

Review the program "Code of Conduct" and transportation rules with your child.

All students must be potty-trained prior to enrollment in the program.

Immunization records must be on file with the school and may be requested by YMCA staff.

Updated personal information: Providing updated information to the Y is the responsibility of the parent and must be made immediately at the time of change.

Parents are also encouraged to participate in our many volunteer opportunities. From advisory boards to campaigners, the YMCA depends on the support of its volunteers. Contact the Program Director for more information on ways in which you can volunteer.

ENROLLMENT AND REGISTRATION

Initial Registration: All registration forms must be complete prior to attendance. Registration forms must be returned to the Stuart C. Gildred Family YMCA 900 N. Refugio in Santa Ynez. Space is limited and is available on a first come, first serve basis, and must be submitted by noon for next day start (or Friday at noon for Monday start). **New registration forms are required, even if your child has been enrolled for the summer program or past afterschool child care.** In addition, a current facility or program membership is required. All children must have an emergency contact that can be at the program site within 45 minutes.

Updated Information: Providing updated information to the YMCA is the responsibility of the parent and must be made immediately at the time of change.

FEES AND PAYMENTS - FAQ

Q. My family doesn't need care every week. Can I register for only the weeks I need care?

In order to maintain consistency within the program, the YMCA day care program is not able to accommodate rotating schedules. All program participants must be continuously enrolled in the program. Fees are based on enrollment rather than attendance, and fees are not pro-rated if your child is unable to attend.

Q. Is care available on days when school is not in session?

We offer "School's Out Care" at select locations in select districts when school is not in session. "School's Out Care" Days are typically available during parent-teacher conferences, teacher in-services, winter and spring breaks, and other days out.

Q. What if we want to change our schedule once we are enrolled?

Any changes in enrollment, such as a change in location, type of care (full-time or part-time), payer or program (before school, after school, or before and after school care), **require 30 day's written notice** and are based on current availability.

Q. How do I pay?

All payments are due weekly.

Payment options include the following:
EFT (Electronic Funds Transfer).

Families who register online or who sign up for this service will automatically be scheduled for weekly payments on Saturday's. This is a hassle-free way to ensure your tuition payment is on time and to avoid late fees. Your weekly payment will be charged on Saturday at 12:01 am, prior to the week of care.

Pay online by accessing your account. Once logged in, you may update payment information, make weekly payments, print receipts, and manage your account.

Visit: <https://apm.activecommunities.com/ciymca/Home>

If there is a situation where your draft or an online payment is not possible a phone payment may be made by calling the YMCA.

Splitting balances between multiple parties is not available.

Q. What if my payment is late?

It is important to ensure that payment for your child's care is made on time. If the payment is late please reach out to the YMCA staff to discuss payment options within 24 hours of the due date.

Q. I need assistance with YMCA child care. Is financial assistance available?

Yes. Thanks to the generosity of donors, limited financial assistance is available to those who qualify.

Q. How do I apply for financial assistance?

If you or someone you know needs financial assistance to participate in a YMCA program, download and complete a [Financial Assistance Application](#) or stop by the YMCA to pick up an application.

Q. When will I know if I received financial assistance?

Applicants will be notified whether they qualify and the amount of their award within 30 days of submitting the application.

FEES AND PAYMENTS - FAQ

Q. What if we want to change our registration once we are enrolled?

Any changes in enrollment **require 30 days written notice** and are based on current availability.

Q. If I remove my child from day care during the school year, is it possible to re-enroll again during same school year?

Yes, if spots are available. Re-enrollment back into the day care program is based on availability.

Q. Are fees pro-rated for days my child does not attend the child care program, such as my child misses because of illness or other commitments?

No. The weekly fee is the same every week.

CREDIT, REFUNDS, NON-SUFFICIENT CHECKS

Refunds will be issued only with approval from the Program Director and when 30 days **written notice** is provided. Refunds are processed through our Association Office and usually take 4-6 weeks for processing. There is a \$20 service fee applied on all checks returned for any reason. Two failed drafts will result in suspension of child care. Payment and a \$20 service fee must be received before your child may return to the program. Any payment not received within 30 days may be forwarded to collections.

DAILY SCHEDULE

After Care operates from school dismissal until 6:00pm., including scheduled half days. In accordance with our late pick up policy, parents will be charged \$15 at 6:10 and \$1 for each additional minute. If children are left at the program until 7:00pm, authorities will be contacted. Continual tardiness will result in dismissal from the program. If a family is continually tardy for pickup (regardless of time) a late penalty may go into effect before the 6:10 time.

DAILY ACTIVITIES

Attendance: Site Staff verifies that all children are at the program. Calls will be made to parents and other emergency contacts if a child does not arrive by the scheduled time. **Homework and Quiet Time:** Time is set aside each day (except Friday) to allow children to work on homework if his/her parent wishes. It is important that parents let their child know of their wishes. Site Staff will supervise homework time and offer occasional assistance as needed.

They cannot, however, provide constant one to one tutoring. Staff will not check backpacks for homework. It is up to the child to get their homework, however much encouragement will be given. YMCA staff cannot be held responsible for homework not completed during child care.

Our staff understand the need to have children do their homework during the afternoon, but also recognize the need for children to have a change of pace from their schoolwork.

Group activities: the children participate daily in a staff directed activity ranging from active group games to group quiet games to crafts and other special activities. Fitness and nutrition are incorporated into group activities several times per week. A calendar is provided to parents monthly outlining each day's group activity. **Free Play and Choice Time:** After six hours or more of school, it is very important to have some time for children to choose activities on their own. Activities during free time range from playing outside, crafts, drawing, puzzles, board games, toy, etc. **Please do NOT send personal toys, electronics or gaming systems.**

SNACK AND SACK LUNCHES

The YMCA will provide at least one snack daily. As a licensed child care program, each snack will have the required nutrition components as well as the serving size per guidelines.

For School's Out Care you need to pack a healthy lunch and morning snack. We provide afternoon snack. **Please do not send fast food, soda, candy or gum.**

Food Allergies/Food Preferences: The YMCA will do its best to provide children with a variety of snacks that are both nutritious and that children will enjoy. Please make sure to list all food allergies on registration forms. Should your child have a food allergy, one of the following will occur: the YMCA may provide a substitute snack based on current inventory or you may send your child with a snack that meets their particular needs. In addition, should your family have specific food preferences for your child, we encourage you to send a snack with your child, as the YMCA is not able to meet individual food preferences. If your child brings his/her own snack, it may only be eaten at designated snack time and may not require refrigeration or preparation. Please do not send fast food, soda or candy!

ARRIVAL AND DEPARTURE

State guidelines require that each child must be signed in and out each day by the parent with a full legal signature. Staff will sign in children who enter or exit the program from school. A phone call is required if your child will be absent or will arrive at the child care program at a different time than usual. If your child does not arrive at the program, phone calls will be made to persons listed on the emergency sheet and the school office to determine the whereabouts of your child.

If the child cannot be located, missing child procedures will begin. An allowance for absences and vacations is built into the fee structure. Therefore, no refunds or credits are given for absences.

Please adhere to all posted signs in parking lot. Vehicles that do not park in appropriate spots are subject to towing and will be responsible for any fees incurred. **Children who do not attend school, or are taken out of school prior to afterschool care, may not participate with the afterschool program.**

ILLNESS

If your child is ill and will not attend the Afterschool Program, please call the Childcare Site by 10:00 am and inform the Site Supervisor of the absence. If your child becomes ill while in our care, a parent will be contacted and asked to pick up their child within 45 minutes. The child will be isolated, within sight and hearing of staff, until the parent arrives. If the parent cannot be reached, the staff will phone the emergency contact person(s) listed on the child's enrollment form. The YMCA is not licensed to provide care for sick children. Parents or emergency contacts are required to pick up the ill child within 45 minutes of being contacted.

The Site Supervisor or designated staff have the authority to ask a parent to remove their child from the program, if that child appears ill or their health is judged to be detrimental to the other children and staff. Children exhibiting the following symptoms may not attend the program:

- Severe pain, swollen joints
- Temperature over 100
- Diarrhea, blood in urine
- Jaundiced skin, yellow eyes or red eyes with discharge
- Visibly enlarged lymph nodes
- 2 or more episodes of vomiting in 24 hours
- Infected/untreated skin patches or rash lasting more than one day
- Evidence of head lice or nits

INJURIES

All injuries will be treated as needed, including washing, applying bandages or ice packs. Parents/ Guardians will be notified upon pick up, explaining the details and aid given. Please note, in accordance with sanitation and state regulations, YMCA staff cannot administer any cream, ointment or anti-bacterial solutions. Parents/ Guardians will be contacted immediately in the case of more serious injuries, in which medical attention is needed.

HEALTHY AND SAFETY

The Emergency Health/Information History Form must be completed on each participant and returned prior to the start of the program. Safety is our primary concern. We strongly enforce safety rules for all participants. We believe in the positive reinforcement approach and work very hard with participant to teach safety at all times. All staff are CPR , AED, and First-Aid Certified and asked to only give care within the scope of their training. If your child's injured or ill, we will take whatever steps necessary to provide appropriate. These steps may include but are not limited to:

- Attempting to contact parents
- Attempting to contact persons named as emergency contacts
- Summoning 911/emergency care
- Assigning a counselor or designated person to go with the child to the hospital or medical facilities a child is sent.

MEDICATION

A Medication Authorization form must be completed and signed by the parent or guardian in order for any medication to be administered. Medication must be brought to staff in its original prescription labeled container. The label must clearly identify the child's name, doctor, date, prescription name and dosage. Children are NOT allowed to dose medication themselves—all medicine (including inhalers) must be given to the Site Staff.

BEHAVIOR AND DISCIPLINE

It is the goal of our YMCA to provide a healthy, safe and secure environment for all Afterschool Care participants. Children attending afterschool care are expected to exhibit Four Core values, follow basic behavior guidelines and to interact appropriately in a group setting.

Discipline is viewed by our staff as a teaching opportunity. Our goal is to teach children the kind of self-control that results in appropriate, cooperative behavior.

Redirection is the first logical step to behavior management. Should a problem persist, natural consequences and removal from the activity will be used as a form of discipline. In the event that chronic behavior problems develop, incidents will be documented and communicated to the parent. If the child needs to be sent home for the day, a mandatory pick-up is required by the parent/guardian or emergency contract within 45 minutes of being contacted.

The following behaviors are unacceptable and may result in the immediate suspension of a child for the remainder of the current day and/or further time period:

- Endangering or threatening to endanger the health and safety of others, self, children, staff or volunteers
- Physical violence, or attempted physical violence
- Stealing or damaging YMCA, host site, or personal property
- Leaving the program or boundaries as set by staff without permission
- Continuous disruption of the program
- Refusal to follow the behavior guidelines of the program
- Using profanity, vulgarity or obscenities
- Acting in a lewd manner

While the before mentioned is the general outline of behavior procedures, the YMCA reserves the right to ask parents to find alternative arrangements for their child without prior notification, as deemed necessary for the safety of staff and/or program participants, not limited to the before mentioned behaviors. Immediate expulsion may occur if a child is in possession of and/or using tobacco, alcohol, illegal drugs, firearms, knives, explosives or any other weapon. At no time will swearing, abusive language or physical violence be allowed by children, staff, volunteers or parents. In addition, the YMCA strictly enforces all rules and regulations set by the local school or host sites. The Y does not condone corporal punishment.

LOST AND FOUND

The Stuart C. Gildred Family YMCA assumes no responsibility for lost or stolen items. Please label all belongings with permanent marker. If something is misplaced, check the site lost and found. Please leave all toys and games at home. Unclaimed and found articles will be discarded at the end of each month.

PHOTO RELEASE

The Channel Islands YMCA may take photos, videos or sound recordings of your children in our child care programs. We often use them for crafts or projects. The YMCA is not required to contact you regarding using photos.

EMERGENCY/DISASTER PLAN

In the event a natural disaster occurs, our goal is to keep children safe and calm. The staff will determine the safest plan of action. The Site Supervisor will always keep the children's emergency information with them at all times. Our designated area of safety in the event we need to evacuate the facility is the grass field located on each school's campus. You may want to consider making arrangements for a friend or relative who works or lives close to the YMCA to pick up your child in case of a disaster. Their names must be included on the emergency contact list on your Emergency/Health Information Form. Remember, they must have a Photo ID and they must be at least 18 years old. It is also a good idea to have an out-of-state contact to call in case of a natural disaster. Often out of state phone lines are still active in the event of a local disaster. Remember, making plans prior to emergencies can expedite the safe release of your child.

Child care closure due to a natural disaster is at the discretion of the Program Director, or the Executive Director. If questionable situations arise, please call the Stuart C. Gildred Family YMCA at 805.686.2037.

NO CREDIT WILL BE GIVEN FOR ABSENCES DUE TO TRIPS, HOLIDAYS, VACATIONS, NATURAL DISASTERS/EMERGENCIES OR DAYS THAT WE ARE SCHEDULED TO BE CLOSED.

MONTHLY CALENDARS

Monthly calendars will be posted at the site on the first day of each month and emailed to those parents who provide an email address. The calendars include pertinent information for the month.

PROGRAM CONCERNS OR QUESTIONS

The YMCA encourages constant communication between parents, staff and children to assure everyone's needs are being met. If you should ever have a problem, concern or question, we encourage you to ask your Afterschool Care staff. Should they not be able to meet your needs, please contact the Program Director at the main YMCA facility. It is through your input that we are better able to meet the needs of the community and enhance the quality of our programs.

RECEIPTS AND PROOF OF PAYMENT

The Stuart C. Gildred Family YMCA can provide monthly receipts of your child's program fees, upon request. Receipts can take up to one week to draft.

SITE LOCATIONS

The Stuart C. Gildred Family YMCA operates Licensed Afterschool Child Care programs at the following local schools:

Santa Ynez Elementary Site
3325 Pine St Santa Ynez 93460 Portable Classroom
805.686.7395
License # 421710981

Oak Valley Elementary Site
595 2nd St Buellton 93427 Rm #128
805.688.6992 x 1128
License # 426212647

Solvang Elementary Site
595 Atterdag Rd Solvang 93463 Lower Campus
Rm #6
805.668.7996
License # 426214182

Los Olivos Elementary Site
2540 Alamo Pintado Ave Los Olivos 93441 Rm #402
805.688.4025 x244
License #TBA

THANK YOU!

We are happy that you have selected the Stuart C. Gildred Family YMCA Afterschool Child Care and School's Out Care Program for your child. We offer days filled with happiness, wonderful activities and educational fun. We thank you for sharing your child with us.

For any questions regarding payments, billing, or financial assistance, as well as general programming please contact:

John Crowell - Program Director II - at 805.686.2037 or john.crowell@ciymca.org

Penny Covert - Accounting - at 805.686.2037 or penny.covert@ciymca.org



A Fact Sheet for PARENTS



HEADS UP CONCUSSION IN YOUTH SPORTS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- 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

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 “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
- However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY.**
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information visit www.cdc.gov/Concussion



Hoja Informativa para los PADRES

¿QUÉ ES LA CONMOCIÓN CEREBRAL?

Una conmoción cerebral es una lesión en el cerebro, causada por un golpe en la cabeza o una sacudida. Incluso una pequeña conmoción o lo que parece ser un golpe o sacudida leve puede ser serio.

La conmoción cerebral no puede verse. Los signos y síntomas de una conmoción pueden aparecer inmediatamente después de la lesión o puede que no aparezcan, o se hagan visibles algunos días o meses después de haber sufrido la lesión. Si su hijo tiene los signos de una conmoción cerebral o si usted nota algún síntoma, busque atención médica de inmediato.

¿CUÁLES SON LOS SIGNOS Y SÍNTOMAS DE LA CONMOCIÓN CEREBRAL?

Signos que notan los padres y los tutores

Si su hijo ha sufrido un golpe en la cabeza o una sacudida durante un juego o una práctica, obsérvelo para determinar si tiene alguno de los siguientes signos y síntomas de una conmoción cerebral

- Luce aturdido o fuera de control
- Se confunde con la actividad asignada
- Olvida las jugadas
- No se muestra seguro del juego, la puntuación ni de sus adversarios
- Se mueve con torpeza
- Responde con lentitud
- Pierde el conocimiento (así sea momentáneamente)
- Muestra cambios de conducta o de personalidad
- No puede recordar lo ocurrido antes de un lanzamiento o un calda
- No puede recordar lo ocurrido después de un lanzamiento o un calda

Síntomas que reporta el atleta

- Dolor o "presión" en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio, mareo
- Visión doble o borrosa
- Sensibilidad a la luz y al ruido
- Se siente débil, confuso, aturdido o grogui
- Problemas de concentración o memoria
- Confusión
- No se "siente bien"

¿CÓMO AYUDAR A SU HIJO A PREVENIR UNA CONMOCIÓN CEREBRAL?

Aunque todo deporte es diferente, hay medidas que puede tomar para protegerse.

Haga que siga las reglas impartidas por el entrenador y las reglas del deporte que practica.

Invítelo a mantener el espíritu deportivo en todo momento.

Haga que su hijo use el equipo protector adecuado según la actividad que realiza. El equipo de protección debe ajustarse bien, debe hacerse el mantenimiento adecuado, y el jugador debe usarlo correctamente y en todo momento.

¿QUÉ DEBE HACER SI CREE QUE SU HIJO HA SUFRIDO UNA CONMOCIÓN CEREBRAL?

1. Busque atención médica de inmediato. Un profesional de la salud podrá determinar la seriedad de la conmoción cerebral que ha sufrido el niño y cuándo podrá regresar al juego sin riesgo alguno.
2. No permita que su hijo siga jugando. Las conmociones cerebrales necesitan de un cierto tiempo para curarse. No permita que su hijo regrese al juego hasta que un profesional de la salud le haya dicho que puede hacerlo. Los niños que regresan al juego antes de lo debido—mientras el cerebro está en proceso de curación—corren un mayor riesgo de sufrir otra conmoción. Las conmociones cerebrales siguientes pueden ser muy serias. Pueden causar daño cerebral permanente que afectarán al niño de por vida.
3. Informe al entrenador del niño sobre cualquier conmoción cerebral que el niño haya sufrido recientemente. Los entrenadores deben saber si el niño ha sufrido una conmoción recientemente en CUALQUIER deporte. El entrenador no necesariamente sabrá si el niño ha tenido una conmoción en otro deporte o actividad a menos que usted se lo diga.

Es preferible perderse un juego que toda la temporada.