

## **VYBA Concussion Policy**

Any sailing participant who exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury shall be removed immediately from sailing. The sailor may return to sailing by providing a written medical clearance to the VYBA Sailing Director that is signed by a medical professional and states that the sailor no longer exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury and is allowed to sail again.

**VYBA recommends that all parents visit the CDC website to learn about symptoms of concussions in youngsters: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)**