

# Concussion Policy JYFL 2017

## **Signs a player may have a concussion**

- Appears dazed or stunned
  - Is confused about assignment or position
  - Forgets plays • Unsure of game, score or opponent
  - Loses consciousness (even briefly)
  - Shows behavior or personality changes
  - Can't recall events prior to or after the hit or fall
- Concussion Symptoms
- Headache or pressure in the head
  - Nausea or vomiting
  - Balance problems or dizziness
  - Double or blurry vision
  - Sensitivity to light or noise
  - Feeling sluggish
  - Concentration or memory problems

## **What should a coach do if a concussion is suspected?**

1. Remove the athlete from play
2. Ensure the athlete is evaluated immediately by an appropriate health care professional
3. Inform the athlete's parents/guardians of the possible concussion
4. Allow the athlete to return to play only after an appropriate health care professional clears his or her return.

## **Parent Responsibility for Players Return to Play**

It is the responsibility of the Parent(s) of each player to obtain a doctor's written approval before their child can return to play. If a player is suspected to have a concussion, they will be removed from play for the remainder of the current game or practice. They will not be allowed to return to practice or games until they are medically