

903 Youth Football and Cheer Concussion Policy

© 903YFC Concussion Policy

SIGNS & SYMPTOMS OF A CONCUSSION

- **Appears dazed or stunned**
- **Is confused about assignment or position**
- **Forgets sports plays**
- **Is unsure of game, score, or opponent**
- **Moves clumsily**
- **Answers questions quietly**
- **Loses consciousness (even briefly)**
- **Shows behavior or personality changes**
- **Can't recall events prior to hit or fall**
- **Can't recall events after hit or fall**
- **Headache or "pressure" in head**
- **Nausea or vomiting**
- **Balance problems or dizziness**
- **Double or blurry vision**
- **Sensitive to light**
- **Sensitive to noise**
- **Feeling sluggish, hazy, foggy, or groggy**
- **Concentration or memory problems**
- **Confusion**
- **Does not "feel right"**

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. **Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete/player has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep athlete/player out of play.**

2. Ensure that the athlete/player is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have multiple methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete/player after the injury.
3. Immediately inform the athlete/player's parents or guardians about the possible concussion and make sure they know the athlete/player should be seen by a health care professional experienced in evaluating for concussion.
4. Allow the athlete/player to return to play only after written medical clearance is given from an appropriate health care professional. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and rare second impact syndrome by delaying the athlete/player's return to the activity until the athlete/player receives appropriate medical evaluation and approval for return to play.

903YFC Return to Play Concussion Policy: Athlete/player must follow the five (5) step plan below after seeing and being cleared for activity or contact by a physician unless given a more conservative plan by the treating physician.

1. No activity.
2. Light exercise (walking, stationary bike) increased heart rate.
3. Sport-specific exercises and activities (jogging, push-ups, sit-ups, throwing, catching). No contact.
4. Non-Contact Drills (running, sprinting, jumping). No contact.
5. Full Contact. Only after medical clearance.

Rules for five (5) steps:

At least twenty-four (24) hours for each step. Progress only if asymptomatic (without symptoms). At least 2 of the steps must be observed by a coach or Association Board Member. If a problem develops go back to the previous step and immediately contact physician.

Per 903YFC Return to Play Concussion Policy, athlete/player cannot return to play without written medical clearance being provided to the league and the above-referenced five (5) Step (24 hour per step) Guidelines being strictly followed.