



WAUKEE

LACROSSE

Concussion Management Policy

Purpose

Waukee Lacrosse is committed to protecting the health and safety of every athlete, from youth through high school. This policy ensures compliance with Iowa Code §280.13C, IHSA/IGHSAU standards, and aligns with USA Lacrosse Concussion Management Plan (CMP) Guidelines. It outlines concussion recognition, management, and safe return-to-play procedures.

Education Requirements

Coaches, officials, athletes, and parents must complete yearly concussion education. Materials will be provided including, at a minimum, the CDC HEADS UP concussion training. Education will include signs/symptoms of concussion, reporting expectations, and safe return-to-play procedures.

Parents and athletes must sign the Waukee Lacrosse Concussion Acknowledgment Form before participation.

Recognition & Immediate Removal

Any athlete showing signs or symptoms of a concussion must be immediately removed from activity with no same-day return. On-site staff/officials should use an accepted sideline recognition tool (e.g., Concussion Recognition Tool 5 or HEADS UP checklist) to guide immediate removal decisions; use of such tools does not replace medical evaluation. Parents will be notified and an incident report will be completed within 24 hours.

Game officials who observe signs consistent with concussion must report the concern immediately to the coaching staff or designated safety officer, in accordance with Iowa Code §280.13C.

Medical Evaluation & Clearance

Any athlete with a suspected concussion must be evaluated by a licensed health care provider trained in concussion evaluation and management before any return to practice or competition. For purposes of this Policy, “licensed health care provider” follows the definition in Iowa Code §280.13C and Iowa Administrative Code 641-54, which

includes: MD/DO, PA, NP, nurse, physical therapist, chiropractor, or licensed athletic trainer trained in concussion evaluation and management. Athletes may not return to practice or competition until written medical clearance is provided.

The written clearance must confirm that:

- The athlete is symptom-free;
- A medical evaluation has been completed; and
- The athlete is approved to begin the graduated Return-to-Play (RTP) protocol.

Return-to-learn (RTL) accommodations will be supported for school-age athletes. Any return-to-learn plan will be coordinated with the athlete's school, parent/guardian and health care provider.

Graduated Return-to-Play (RTP) Protocol

All steps require at least 24 hours with no symptoms:

1. Symptom-Free Rest
2. Light Aerobic Exercise
3. Lacrosse-Specific Non-Contact Drills
4. Non-Contact Practice in Full Gear
5. Full-Contact Practice
6. Return to Competition. Parent/guardian must sign off (in writing) to return after medical clearance.

If symptoms return at any step, the athlete must stop activity, rest 24 hours, and return to the previous step.

Roles & Responsibilities

Coaches must complete annual concussion training, enforce removal procedures, communicate with families following any suspected concussion, and document incidents by completing and submitting incident reports within 24 hours. Officials must report suspected concussions immediately to coaches or safety officers. Parents must ensure the athlete receives prompt medical evaluation and follow medical guidance. Parents must provide written medical clearance when appropriate and support RTL and RTP requirements. Athletes must report symptoms honestly and follow RTP steps.

All documentation will be retained and kept confidential by the Waukee Lacrosse Board and will be made available to governing bodies upon request.

Documentation

This Concussion Management Policy will be provided to parents/guardians and athletes at registration and will be posted on the Waukee Lacrosse website. Coaches, administrators and officials will be notified of policy updates annually. Waukee Lacrosse will maintain signed acknowledgment forms, incident reports, clearance notes, and RTP completion records for the season plus one year.

Policy Review

This policy will be reviewed annually and updated based on changes from IHSAA, IGHS AU, and Iowa Code.