



# WAUKEE

## LACROSSE

### Coach Quick Reference Sheet – Concussion Protocol

#### **1. REMOVE IMMEDIATELY**

If an athlete shows ANY possible concussion symptom: headache, dizziness, confusion, nausea, balance issues, blank stare, slow responses, sensitivity to light/noise, or ANY concerning behavior — remove them from activity IMMEDIATELY.

#### **2. NO SAME-DAY RETURN**

The athlete may NOT return to practice or gameplay on the same day, even if symptoms improve.

#### **3. NOTIFY PARENTS/GUARDIANS**

Contact the parent/guardian as soon as possible. Explain what was observed and that medical evaluation is required.

#### **4. DOCUMENT THE INCIDENT**

Complete the official \*Waukee Lacrosse Concussion Incident Report Form\* within 24 hours. Incident report form should be sent to [waukeelacrosse@gmail.com](mailto:waukeelacrosse@gmail.com) When a player is removed, it is the coach's responsibility to inform their board appointed contact within two hours after the player is removed.

#### **5. REQUIRE MEDICAL CLEARANCE**

The athlete must be evaluated by a licensed health care provider trained in concussion management. Written medical clearance is required before ANY activity.

#### **6. FOLLOW THE RETURN TO PLAY (RTP) PROTOCOL**

The athlete must complete all 6 steps with at least 24 hours per step:

- Step 1 – Symptom-Free Rest
- Step 2 – Light Aerobic Activity
- Step 3 – Non-Contact Lacrosse Drills
- Step 4 – Non-Contact Practice (Full Gear)
- Step 5 – Full-Contact Practice

- Step 6 – Return to Competition. Parent/guardian must sign off (in writing) to return after medical clearance.

If symptoms return → Stop, rest 24 hours, return to previous step.

## **7. WHEN IN DOUBT, SIT THEM OUT**

Safety first. No exceptions. Follow Iowa Code §280.13C and Waukee Lacrosse Concussion Management Policy.