



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 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.