

CONCUSSION PROTOCOL

Signs of Concussion <i>Seen by coach, game official or parent</i>	Symptoms of Concussion <i>Reported by a player</i>
• Dazed or stunned • Confused about assignment, position, play • Forgets instruction • Moves clumsily or shows poor balance • Shows mood, behavior or personality changes • Loses consciousness, even briefly	• Headache or pressure in head • Nausea or vomiting • Balance problems or dizziness • Sensitivity to light or noise • Does not “feel right” or is “feeling down”

If a concussion is suspected:

1. Any youth athlete suspected of sustaining a concussion must be immediately removed from play
2. Inform the youth athlete’s parent of possible concussion
3. Keep the athlete out of play the day of injury until he or she is evaluated by a qualified medical professional.
4. To return to play, the youth athlete must have official medical clearance.