



## Youth Sports League Concussion Protocol

1. Did a Concussion Occur?
  - a. Evaluate the player and note if any of the following symptoms are present:
    - i. Headache
    - ii. Nausea or Vomiting
    - iii. Dazed or Confused
    - iv. Balance Problems or Dizziness
    - v. Sensitivity to Light
    - vi. Sensitivity to Noise
    - vii. Abnormal Physical and/or Mental Behavior
    - viii. Cannot Recall Incident that Caused Injury
  - b. Emergency treatment needed?
    - i. Loss of Consciousness
    - ii. Spine or Neck Injury
    - iii. Behavior Patterns Change Drastically
2. Proceed to Protocol
  - a. Remove the athlete from play. After evaluating a possible concussion based on the symptoms above, document any symptoms observed on the Suspected Concussion Report. When in doubt, sit them out.
  - b. Report your suspicion of concussion to trainer or league official immediately.
  - c. Ensure that parent/guardian understands that the athlete should be evaluated by an appropriate health care professional as soon as possible. Do not attempt to diagnose the severity yourself.
  - d. Communicate with the parent/guardian on the length of recovery time and when the athlete is permitted to return to play, based on physician's permission. *(A repeat concussion that occurs before the brain has fully recovered from the first concussion can slow recovery and increase the likelihood of having long-term issues).*
3. A Release Letter or Note from Physician Must be Presented to League Official Prior to Return to Play.