

## Lincoln-Sudbury Youth Lacrosse Concussion Policy

Sudbury Youth Lacrosse recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. The Policy is intended to provide easy-to understand guidelines related to players who have been diagnosed with or are suspected of having a concussion.

The Policy is for Coaches, Parents and Players but is to be shared with any other adults or participants in Sudbury Youth Lacrosse.

### **Coaches**

- **Coaches are required to complete concussion training on annual basis and submit certificate of completion to grade level coordinator.**

Approved concussion training programs are as follows:

- “Concussion in Sports – What you Need to Know” developed by The National Federation of State High School Associations (NFHS).  
[www.nfshlearn.com](http://www.nfshlearn.com)
- “Heads Up: Concussion in Youth Sports Online Concussion Training” Centers for Disease Control and Prevention. [www.cdc.gov](http://www.cdc.gov)
- Before each season, all Coaches will be given a copy of CDC’s “Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches” document or a similar document to be approved by Sudbury Youth Lacrosse.
- Concussions rarely (less than 10% of occurrences) involve loss of consciousness. However, in the event of loss of consciousness the Coach will call 911 or will instruct another adult to call 911.

- If a Player is suspected of having a concussion during practice or games, the Coach will remove the Player Immediately, and will not allow the player to return to play for the remainder of the practice or game. The Coach will keep the Player out even if the Player insists, "I'm OK now, Coach"
- The Coach will inform the Player's Parent or guardian of the Player's symptoms as soon as possible. Ideally, the Parent will be notified immediately.
- Players will not be allowed to resume any Lacrosse activities until Coach receives a letter from a Licensed Healthcare Professional clearing the player to resume Sports Activities.

## **Parents**

- When a Parent registers their Player they will be required to check a box agreeing to the following: "If my child is diagnosed with a concussion during a Sudbury Youth Lacrosse activity or during ANY OTHER ACTIVITY including those outside Sudbury Youth Lacrosse, or if my player has a prior head injury, I will inform my child's Coach of such diagnosis prior to the start of the season or before my child returns to play."
- At the start of each season, Parents will receive information from Sudbury Youth Lacrosse that includes:
  - A brief explanation of our policy, and the importance of the Parent's role in understanding it.
  - A link to the Policy on the Sudbury Youth Lacrosse Web site
  - An electronic copy of CDC's "Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents" document.
  - A link to each of the two approved education videos mentioned above.

## **FACTS FOR PARENTS & COACHES**

### **Sudbury Youth Lacrosse Concussions in Youth Sports**

#### **WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### **WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

##### **Signs Observed by Parents or Coaches**

If your child or athlete has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

##### **Symptoms Reported by Athlete**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

##### **Symptoms Reported by Parent or Coach**

- Is confused about assignment or position
- Forgets an instruction
- Appears dazed or stunned
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

## FACTS FOR PARENTS & COACHES

### HOW CAN YOU HELP YOUR CHILD or ATHLETE PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow the team's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD or ATHLETE HAS A CONCUSSION?

- **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- **Keep the player out of play.** Concussions take time to heal. Don't let your player return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- **As a parent tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.