

GLC CONCUSSION MANAGEMENT POLICY

The Glastonbury Lacrosse Club (GLC) is very serious about protecting our players from all injuries, but in particular, we are aware of the very serious dangers of concussions.

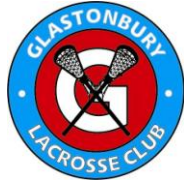
A concussion is a brain injury. Concussions are caused by a bump, blow or jolt to the head, or even a blow to another part of the body with the force transmitted to the head.. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions range from mild to severe and no loss of consciousness is required to sustain a concussion. You cannot see a concussion. The signs and symptoms of a concussion may show up right after the injury, or may take several hours or even days, to fully appear. For this reason, the cooperation and understanding of the player’s parents and/or guardians is critical.

USLacrosse, the national governing body for youth lacrosse in the country, is leading the way to ensuring concussion awareness and prevention in youth lacrosse. In conjunction with the Centers for Disease Control and Prevention (CDC), who partnered with numerous leading experts in the medical and sports field, the CDC has compiled concussion related resources to assist youth sports programs, parents and players. The GLC strongly recommends that ALL parents/guardians familiarize themselves, as well as their sons or daughters who are participating this year, with this information which can be found on the CDC website, links for which can be found below.

The GLC is committed to educating its coaches, the parents and the players themselves about the seriousness of concussions. All of our coaches will be provided information on preventing, recognizing, and responding to a concussion.

Recognizing the signs of a concussion and the proper treatment of a concussion requires the cooperation of the parents, the player, the family’s medical provider and the coach to ensure that the best information and decisions are made for that player’s safety. The GLC policy for any player that is believed to have sustained a concussion no matter how severe is for the coach to remove that player from participation and seek medical attention: “***When in doubt, leave the player OUT !***”

Furthermore, NO player who the coaches believe has sustained a concussion – whether by exhibiting signs of a concussion or having sustained a blow to the head - will return to the field for practice or a game without the express written medical authorization/permission from the child’s medical provider stating that the child is cleared to participate in youth sports, and in particular lacrosse.



After a player has been cleared by a trained medical professional and written authorization/permission has been provided to the coach, the player should be gradually returned to play commencing with light aerobic activity on the first day of return and slowly progressing into sport specific conditioning and running drills then on to non-contact drills such as line drills, shooting drills, passing drills and only then to full contact practice drills. The Coach shall monitor the player to see if he/she remains symptom free through the activity and throughout the night/day until next practice. If symptoms arise during a day of activity, activity should be stopped immediately and that day would be repeated the following day.

No player who returns from a concussion, after proper written authorization has been provided to the Coach, shall participate in a GAME until that player has participated in a minimum of THREE (3) practices.

To assist in the effort to protect our players most important asset – their brains – we ask all parents to spend the time to review the CDC website and the, “**Heads Up: Concussions in Youth Sports**” tool kit, which link is below:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

US Lacrosse Website:

<http://www.uslacrosse.org/UtilityNav/AboutTheSport/SportsScienceandSafety/ConcussionManagement.aspx>

CDC **Heads Up** Printable Coaches Fact Sheet:

http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

CDC **Heads Up** Printable Players Fact Sheet:

http://www.cdc.gov/concussion/pdf/athletes_Eng.pdf

CDC **Heads Up** Parents Fact Sheet:

http://www.cdc.gov/concussion/pdf/parents_Eng.pdf