



# WHAT'S IN A CONCUSSION MANAGEMENT PLAN?

CONCUSSIONS ARE AMONG THE FIVE MOST FREQUENT INJURIES FOR BOTH BOYS AND GIRLS LACROSSE PLAYERS. TEAMS, LEAGUES AND CLUBS SHOULD HAVE A DOCUMENTED PLAN, REVIEWED AND UPDATED ANNUALLY, TO DEAL WITH THESE INJURIES.



### FACT:

Boys have a 50% greater risk of concussion than girls.



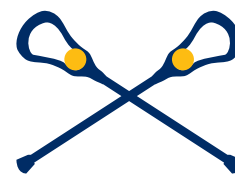
### WHAT SHOULD THE PLAN INCLUDE?

- EDUCATION
- SIGNS & SYMPTOMS FOR REMOVAL FROM PLAY
- RETURN TO SCHOOL & RETURN TO PLAY

### WHO NEEDS EDUCATION?



## PARENTS



## ATHLETES



## COACHES

## 10 SIGNS OF CONCUSSION AS OBSERVED BY OTHERS

- APPEARS DAZED OR STUNNED
- CONFUSED ABOUT ASSIGNMENT OR POSITION
- FORGETS AN INSTRUCTION
- UNSURE OF GAME, SCORE OR OPPONENT
- MOVES CLUMSILY
- ANSWERS QUESTIONS SLOWLY

- LOSES CONSCIOUSNESS (EVEN BRIEFLY)
- SHOWS MOOD, BEHAVIOR OR PERSONALITY CHANGES
- CAN'T RECALL EVENTS PRIOR TO HIT OR FALL
- CAN'T RECALL EVENTS AFTER HIT OR FALL

## 10 SYMPTOMS OF CONCUSSION REPORTED BY ATHLETE

- HEADACHE OR PRESSURE IN HEAD
- NAUSEA OR VOMITING
- BALANCE PROBLEMS OR DIZZINESS
- DOUBLE OR BLURRY VISION
- SENSITIVITY TO LIGHT OR NOISE

- FEELING SLUGGISH, HAZY, FOGGY OR GROGGY
- CONCENTRATION OR MEMORY PROBLEMS
- CONFUSION
- DOES NOT "FEEL RIGHT"
- IS "FEELING DOWN"

## RETURN TO SCHOOL & RETURN TO PLAY

A GRADUATED RETURN TO ACTIVITY SHOULD BE USED AFTER GETTING CLEARANCE FROM A QUALIFIED HEALTHCARE PROFESSIONAL. SUPPORT FROM SCHOOL FOR CLASSES, EXAMS AND SCHOOLWORK IS IMPORTANT. THE RETURN-TO-PLAY AND RETURN-TO-SCHOOL PROGRESSION HAS SEVEN STEPS:

# 1 REST



RETURN TO SCHOOL AND/OR DAILY NON-ATHLETIC ACTIVITIES

# 2

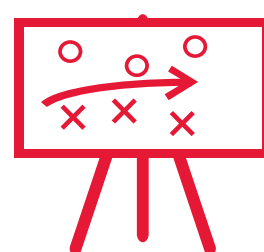
# 3

BEGIN AEROBIC EXERCISE



# 4

SPORT SPECIFIC TRAINING/ CATCHING AND THROWING



NON-CONTACT DRILLS/LINE DRILLS

# 5

# 6

CONTROLLED FULL CONTACT ACTIVITY/ SCRIMMAGE



FULL RETURN TO PLAY AND GAME COMPETITION

# 7