

## Nebraska Lacrosse Concussion Guidelines:

*The following guidelines are adaptations of the Nebraska State Guidelines. These guidelines were presented to and approved by the Nebraska High School Lacrosse league Board of Directors on March 24, 2014 (revised 1/20/2015, 2/22/2017)*

- As defined within the Nebraska Concussion Awareness Act, concussion training will be made available to all coaches on how to recognize the symptoms of a concussion and how to seek proper medical treatment for a concussion or brain injury.
- As required per the Nebraska Concussion Awareness Act, information, developed by Nebraska High School Lacrosse on concussion and brain injuries will be provided to all coaches, athletes and to a parent or guardian of each athlete that shall include but not be limited to; signs and symptoms, risks posed by sustaining a concussion, the actions and athlete should take in response to sustaining a concussion, including notification of his/her coaches.
- Per the Nebraska Concussion Awareness Act, all athletes reasonably suspected of a head injury will be removed from practice or play and evaluated by a member of the coaching staff, athletic trainer or team representative. If signs or symptoms of a concussion are found, they must be removed from play and will not be allowed to return to play that day AND until:
  1. They have been evaluated by a licensed health care professional as defined by the Nebraska Concussion Awareness Act;
  2. They have received written and signed clearance to return to participation in athletic activity by a licensed health care professional (the Nebraska Concussion Awareness Act);
  3. They have submitted the written and signed clearance to resume participation accompanied by written permission to resume participation from the parent or guardian (the Nebraska Concussion Awareness Act).

As required by the Nebraska Concussion Awareness Act, if an athlete is reasonably suspected of having a concussion or brain injury and is removed from participation, the parent or guardian shall be notified by the coach, athletic trainer or team representative of the date of the injury, approximate time of the injury, signs and symptoms that were observed, and any actions that were taken to treat the athlete.

1. If parents are not present, a call home will be made to inform the parent of the injury and to make arrangements for them to come and pick the athlete up or find a ride for the student athlete. In an emergency, 911 will be called.
- **A concussion referral form, completed by the coach or institutional representative should also be sent home to the student-athletes parent(s)/guardian. This needs to be filled out by a licensed health care professional and returned to the HEAD COACH prior to the athlete returning to participation.**
  - **ImpACT Testing**
    1. Nebraska High School Lacrosse offered baseline testing for all players who had not had a baseline in the last two years prior to the 2017 season start. The baseline test is a neuro-cognitive test known as ImpACT.
    2. After sustaining a concussion, post-injury ImpACT testing may be made available at the request of the supervising physician, licensed health care professional or parents. Copies of the results may be provided to the licensed health care professional/parents/ guardian if requested.
      - If a post-injury test is requested and the athlete fails to pass, they should not be retested until directed by a physician or licensed health care professional.
  - Once the student is asymptomatic, has passed their ImpACT Test or other neurocognitive skills test (if requested and documented on the clearance form by the physician or licensed health care professional), and remains asymptomatic during cognitive and physical exertion, they should begin a progression back to activity starting with minimal cardiovascular exercise and progressing back to full activity before being allowed to go back to full practice. This progression based on the guidelines identified within the Zurich Concussion Statement (2013), could take a minimum of 5-7 days. If symptoms reappear during the return to play progression, they must be removed from the activity, remain asymptomatic for a minimum of 24 hours, return to day one of the previous phase in which they were asymptomatic, and re-commence the progression from that point.

**In order to medically return to play, these three things need to happen:**

1. **Clearance from a licensed health care professional as defined by the Nebraska Concussion Awareness Act.**
2. **Asymptomatic after both physical and cognitive exertion.-**
3. **Clearance from a member of the Coaching Staff or Institutional Representative after the student/student- athlete has completed the return to play progression.**

**At any point follow a suspected concussion any of the following individuals reserve the right to voice concern for the safety of the student-athlete and prohibit them from returning to play until they have received further evaluation by a licensed health care professional: Physician, Coach, Parent/Guardian, Teacher/Administrator/Counselor/Nurse, Student-Athlete.**

## Nebraska High School Lacrosse and Nebraska Medicine Concussion Management Recommendations

If an athlete sustains a concussion, the following steps are recommended to ensure that the proper return to play guidelines are followed:

1. At the time of injury, if a concussion is reasonably suspected, the student athlete will immediately be removed from participation and not be allowed to return to participation that day, and until they have progressed through the steps identified in the Nebraska High School Lacrosse Concussion Guidelines.
2. A concussion referral form should be filled out and the parents should be contacted.
3. The coach should immediately notify a member of the NE Lacrosse Executive Board of the injury and the board member in turn, may call a representative from Nebraska Medicine Concussion Management Program (Rusty McKune: 402-250-5720) and provide them with the demographic information of the injured player (name, date of injury, contact information)
4. The representative from Nebraska Medicine will make reasonable efforts to contact the parents/guardian of the student athlete and facilitate any medical referrals that may be necessary or requested.
5. If requested, a representative of Nebraska Medicine Concussion Management Program or the site administrator from the school or team may conduct a follow-up ImPACT Test. Upon completion of this test, the coordinator of the Nebraska Medicine Concussion Management Program should be notified so that the results can be viewed. If requested, these results will be made available to the athlete's physician/parent/guardian. If the provider is unfamiliar with the ImPACT program, the coordinator may consult with that provider and/or refer the provider to a member of Nebraska Medicines Sports Medicine Team that is a credentialed consultant or familiar with the ImPACT program.
  - a. If requested, Nebraska Medicines Concussion Management Program coordinator will provide the parents of the student athlete with a referral to credentialed member of the Concussion Management Program. At no time will a representative of Nebraska Medicine or Nebraska Lacrosse require that a student-athlete or their parents see a Nebraska Medicine Sports Medicine Physician. These professionals are a resource and referrals to these physicians will only be made upon the request of the parents, guardians, or the physicians providing care for the student-athlete who may be unfamiliar with the ImPACT program or the management of concussions in a pediatric population.
6. As indicated in the Nebraska High School Lacrosse Concussion Protocol, if a post-injury baseline test is requested and performed and a student fails to obtain their baseline, they will be withheld from participation until another post-injury test can be performed. As with the initial follow-up test, a representative from the Nebraska Medicine Concussion Management Program or the site administrator with the school or team will conduct the test. Upon completion of the test, the coordinator of the Nebraska Medicine Concussion Management Program will review the results and, as needed, assist with determining the course of treatment.
7. Nebraska Medicine Sports Medicine Concussion Management representatives will be a resource throughout the recovery to assist and coordinate any scholastic intervention, medical facilitation, and return to play progressions.
  - a. The return to play progression sheet is made available to all teams. The oversight for this progression will be the responsibility of each coach. However, a representative of TNMC can be contacted at any time for a consultation.
  - b. AT NO TIME SHOULD THE RETURN TO PLAY PROGRESSION BEGIN UNTIL THE HEAD COACH IS IN POSSESSION OF THE REFERRAL FORM THAT HAS THE SIGNATURES OF BOTH THE SUPERVISING LICENSED HEALTH CARE PROFESSIONAL PROVIDING/SUPERVISING THE CARE AND THE PARENTS/GUARDIANS.

Any questions should be directed to Nebraska Medicine Sports Medicine Concussion Management

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