

# John Jay Youth Football & Cheer, Inc

## *Concussion Action Plan*

### What should a Coach do when a concussion is suspected?

- 1. Remove the athlete from Play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head (refer to the *Signs and Symptoms* chart located on your *Coaches Concussion Clipboard page*). Athletes who experience signs of symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play. Call 911 if the athlete lost consciousness, has memory loss, experienced a seizure, vomiting or if you're not sure of the severity.
- 2. Ensure that the athlete is evaluated right away by an appropriate health care professional or call 911.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/ knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)
- 3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion or ask them to view it from the Safety section of our website ([www.jjyf.org](http://www.jjyf.org)).** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
- 4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare *second impact syndrome* by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.