



## Brookfield Lacrosse Association Concussion Policy

On April 2, 2012 the Wisconsin Legislature passed Act 172, a law requiring that all athletes, parents, and coaches participating in youth or High School athletic activity acknowledge by signature that they have been informed about the effects and symptoms of concussion before participating in the sport. This Act applies to all clubs playing within the Wisconsin Lacrosse Federation (WLF).

This law requires that all coaches, parent and athletes receive training about the concussions.

Brookfield Lacrosse Association is requiring that all parents and athletes watch the following video and print out the completion certificate. Parents and athletes will be required to also complete the Parent & Athlete Agreement. Completion certificates and Parent & Athlete Agreements will be collected at the athlete's first practice. ***THE ATHLETE MAY NOT PARTICIPATE IN ANY BROOKFIELD LACROSSE ASSOCIATION ACTIVITIES WITHOUT THESE FORMS TURNED IN.***

Any Association sponsored off-season activities will need to comply with this law immediately before any further athletic activities. Regardless of whether the athlete has complied with Act 172 in another sport, the WLF is requiring that all clubs have on file a signed acknowledgement for all athletes, parents, and coaches participating in lacrosse. This acknowledgement is valid for 1 year.

[Video Link](#)

[Parent/Child Fact Sheet & Agreement](#)

[Wisconsin Concussion Law](#)

Completion Certificates and Parent & Child Agreements will be stored with the BLA Youth Director. MAYLA & WLF may periodically audit these documents.

Brookfield Lacrosse Association will provide and require approved training for coaches prior to each season.

### CONCUSSION BASELINE EVALUATIONS

In recognition of the potential for concussions in Lacrosse the Brookfield Lacrosse Association shall contract with a qualified vendor to provide baseline concussion evaluations for all players at the beginning of the season. While not mandatory that players participate in the baseline concussion

## ATHLETES WITH CONCUSSION SYMPTOMS

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the BLA policy is simple: remove them from participation. **“When in doubt sit them out.”**

A parent or guardian will be notified when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to any practice (including off-field activities) or competition.

If it is suspected a player may have a concussion, that athlete shall be immediately removed from play. The injured athlete shall be kept out of play until they are cleared to return by an appropriate health care provider. If the athlete has a concussion, that athlete shall not be allowed to return to activity (conditioning, practice or competition) that day. Athletes with a concussion shall not be allowed to return to activity while they still have symptoms.

A player with a concussion must be carefully observed throughout the practice or competition to be sure they are not feeling worse. Even though the athlete is not participating, the athlete shall not be left alone.

Most concussions are temporary and they resolve without causing residual problems. However in the adolescent population, 10-20% of athletes that have a concussion have signs or symptoms that persist beyond 2 weeks. These symptoms of headache, difficulty concentrating, poor memory and sleep disturbances can lead to academic troubles among other problems. Concussion symptoms may even last weeks to months (post-concussion syndrome).

Allowing an injured athlete to return too quickly increases the risk for repeat concussion. Repeat concussion may cause Second Impact Syndrome. Second Impact Syndrome is a rare phenomenon which happens only in young athletes that causes rapid brain swelling and death. Repeat concussions may increase the chance of long term problems, such as decreased brain function, persistent symptoms and potentially chronic traumatic encephalopathy (a disorder that cause early degeneration of the brain similar to what is seen with Alzheimer’s disease).

A major concern with concussion in the youth athletes is that it can interfere with school performance. Athletes with a concussion should return to full speed academics without accommodations before returning to sports.

## RETURN TO PLAY

Current medical recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider. The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion. The following program allows for one step per 24 hours. The program allows for a gradual increase in heart

rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

**STEP ONE:** About 15 minutes of light exercise: stationary biking or jogging

**STEP TWO:** More strenuous running and sprinting in the gym or field without equipment

**STEP THREE:** Begin non-contact drills in full uniform. May also resume weight lifting

**STEP FOUR:** Full practice with contact

**STEP FIVE:** Full game clearance

#### QUESTIONS REGARDING THIS POLICY

Questions regarding this policy should be directed to the director for the player level.