

## RETURN TO PLAY GUIDELINES

Approved by the Sherwood Youth Lacrosse board on \_\_\_\_\_

**The following is meant to be a guideline, not medical advice. When in doubt, have the parents go to the emergency room. When in doubt, do not put the player back in the game.**

When a player is injured on the field, either during a game or at practice, it is imperative that coaches use a conservative approach prior to sending that player back onto the field. The following are guidelines:

- Any forcible hit to the head, either by a ball, stick, another player or impact with the ground or object, or anytime a concussion is suspected, should result in a coach performing a sideline concussion assessment. See “[Sample Concussion Protocol](#)” (below) for general questions and evaluation topics. Use your best judgement.
- Any forcible shot to a goalie’s helmet should result in a coach performing a sideline concussion assessment. Notify referee (if during a game) that you request an injury time-out. Always have a backup goalie in mind before each game.
- The sideline concussion assessment should be done as soon as possible after impact. Do not wait until after practice or half-time, for example. Player safety is the most important thing!
- If that player fails any question or cannot pass the concussion evaluation protocol, they are not to go back onto the field and cannot participate in any team activities (games or practice) until they are cleared by a physician.
- Any time you perform a sideline concussion assessment, tell the parents (in private) your findings. If possible, notify them right after so they are not worrying on the sideline. You can utilize an assistant coach or helper.
- If you are on the fence, or receive push back from the parents, feel free to use the statement: “Per Sherwood Youth Lacrosse protocol, I am unable to put him back into the game...”
- Utilize your best judgement and that of your assistants and parents when determining the severity of an injury. When in doubt, do not put the player back in the game. Please note that it can take up to two hours after the initial incident to have any concussion symptoms. If both the head coach and the assistant coach both miss something on the field, parents are encouraged to notify the coach of a safety concern. Take the player out of the game and use a conservative approach. Notify parents at the initial parent meeting, that we are all working together for the safety of our kids.
- **In order for a player to come back from a concussion, either at practice or at a game, SYL needs a doctor’s note indicating that the player has been fully cleared to play. Please send a copy of this note via email to the Commissioner. You may get some push back from parents, but the safety of our players is more important. Please enforce this rule.**
- **After any injury, a coach needs to fill out an [Incident Report Form](#) (see below). Please email this form to the Commissioner.**



# SAMPLE CONCUSSION PROTOCOL

This is not to be construed as medical advice to diagnose and/or treat a condition. This should not take the place of being evaluated by a medical professional should a concussion be suspected.

## A-Sample Questions To Ask:

- 1 What year is it?
- 2 Where are you?
- 3 Name a professional football or basketball team
- 4 Repeat these words back to me:
  - x1 Iron, Sunset, Baby, Perfume, Monkey
  - x2 Iron, Sunset, Baby, Perfume, Monkey
  - x3 Iron, Sunset, Baby, Perfume, Monkey
- 5 Tell me these numbers in reverse  
22, 7, 15
- 6 Spell "WORLD" backwards  
D, L, R, O, W
- 7 What are the months of the year (forward)  
January, February, March, April, May, June, July, August, September, October, November, December
- 8 Starting in June, name the months backwards  
December, November, October, September, August, July, June

## B-Sample Movements to Monitor

- 1 Player Touches His Nose to Coach Finger
  - A Player Touches His Nose (With RIGHT Finger) to Stationary Coach Finger
  - B Player Touches His Nose (With LEFT Finger) to Stationary Coach Finger
  - C Player Touches His Nose (With RIGHT Finger) to Moving Coach Finger
  - D Player Touches His Nose (With LEFT Finger) to Moving Coach Finger



- 2 Balance: Put feet together ( 1" between), Close eyes, Hands on hips - Balance for 20 sec



- 3 Balance: Same as above (one foot up) - Balance for 20 sec



- 4 Balance: Same as above (one foot heel touching top of other) - Balance for 20 sec



## C-Memory

Repeat the original three words (from above)