



CONCUSSION & HEAD INJURY PROTOCOL

Mendham Patriots Sports Association has adopted a **Concussion & Head Injury Protocol** for the safety of our youth athletes. We closely follow the protocols established by the Mendham Township school districts. The Protocol is also compliant with the New Jersey Legislation (P.L. 2010, Chapter 94) which mandates measures to be taken in order to ensure the safety of K-12 student-athletes involved in sports.

It is imperative that athletes, volunteer coaches and parent/guardians are educated about the nature and treatment of sports related concussions and head injuries.

All parents of athletes and coaches participating in the 2017-2018 Mendham Patriots basketball program should read, understand and make every attempt to follow the Concussion and Head Injury Protocol *for the safety of the athlete.*

We place the highest emphasis on the safety of our athletes and recognize that concussions are considered significant neurological injuries.

Quick Facts

- Most concussions do not involve loss of consciousness
- An athlete can sustain a concussion even without striking his/her head
- A blow anywhere on the body can transmit an “impulsive” force to the brain and can trigger a concussion
- Second-impact syndrome occurs when an athlete sustains a second concussion while still experiencing symptoms of a previous concussion.
- Any concussion event can lead to more serious injury and impairment

Signs of Concussions

- Athlete appears dazed or stunned
- Athlete forgets plays, is not conscious of surroundings, demonstrates short term memory difficulty or confusion
- Athlete exhibits difficulties with balance, coordination, concentration or attention
- Athlete answers questions slowly or inaccurately
- Athlete demonstrates behavior or personality changes
- Athlete is unable to recall events prior to or after the hit or fall

Symptoms of Concussion

- Headache
- Sensitivity to light or sound
- Nausea or vomiting
- Balance problems or dizziness
- Double vision or changes in vision
- Feelings of sluggishness or “fogginess”
- Difficulty with concentration/confusion

IN THE EVENT OF A HEAD INJURY OR CONCUSSION TO AN ATHLETE:

Report the injury to either the Head Coach, Travel or Recreation Program Coordinator, League Commissioner or by using the CONTACT tab on the web site to relay information of the event. A report may also be made to this email address: tim.jabbour@gmail.com

An athlete who has been concussed and who has sought medical treatment for the condition will need to present a medical release from that physician before returning to play.