WHAT’S IN A CONCUSSION MANAGEMENT PLAN?

50%

FACT: Boys have a 50% greater risk of concussion than girls.

WHAT SHOULD THE PLAN INCLUDE?

EDUCATION
- SIGNS & SYMPTOMS FOR REMOVAL FROM PLAY
- RETURN TO SCHOOL & RETURN TO PLAY

WHO NEEDS EDUCATION?

PARENTS
ATHLETES
COACHES

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Concussions are among the five most frequent injuries for both boys and girls lacrosse players. Teams, leagues, and clubs should have a documented plan, reviewed and updated annually, to deal with these injuries.

A GRADUATED RETURN TO ACTIVITY SHOULD BE USED AFTER GETTING CLEARANCE FROM A QUALIFIED HEALTHCARE PROFESSIONAL. SUPPORT FROM SCHOOL FOR CLASSES, EXAMS, AND SCHOOLWORK IS IMPORTANT. THE RETURN-TO-PLAY AND RETURN-TO-SCHOOL PROGRESSION HAS SEVEN STEPS:

1. REST
   - RETURN TO SCHOOL AND/OR DAILY NON-ATHLETIC ACTIVITIES

2. 2
   - BEGIN AEROBIC EXERCISE

3. 3
   - SPORT SPECIFIC TRAINING/ CATCHING AND THROWING

4. 4
   - FULL RETURN TO PLAY AND GAME COMPETITION

5. 5
   - REST
   - RETURN TO SCHOOL AND/or DAILY NON-ATHLETIC ACTIVITIES

6. 6
   - CONTROLLED FULL CONTACT ACTIVITY/SCRIMMAGE

7. 7
   - FULL RETURN TO PLAY AND GAME COMPETITION

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COACHES
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10 SIGNS OF CONCUSSION AS OBSERVED BY OTHERS

- Appears dazed or stunned
- Confused about assignment or position
- Forgets an instruction
- Unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

10 SYMPTOMS OF CONCUSSION REPORTED BY ATHLETE

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” is “feeling down”