

Irondequoit Youth Lacrosse, Inc. (IYL) Concussion Policy

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IYL is dedicated to keeping our student-athletes safe while participating in lacrosse. The cardiovascular, strength and mental benefits gained by playing lacrosse are qualities that can have a tremendous positive impact on players. That said, we want to ensure that any player suspected of having a Concussion is removed from play immediately.

When in doubt, sit them out. It's better to miss one game (or practice) than the whole season or longer.

DEFINITION OF CONCUSSION

- A concussion is a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may include temporary or prolonged altered brain function resulting in physical, cognitive or emotional symptoms or altered sleep patterns; and may involve loss of consciousness.

CONCUSSION AWARENESS

- To recognize a concussion, you should watch for the following two (2) things among your athletes:
 1. A forceful blow to the head or body that results in the rapid movement of the head
 2. Any change in the athlete's behavior, thinking, physical functioning

SYMPTOMS OBSERVED BY COACH OR PARENT

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an assignment or instruction
- Is unsure of opponent or location
- Clumsy movement
- Answers questions slowly
- Losses consciousness (for any period of time)
- Shows behavior or personality changes
- Can't recall events prior to or after a hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or Blurry Vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

PROCESS

- When a Concussion is Suspected:
 1. Look for signs and symptoms of a concussion if the athlete has experienced a bump or blow to the head, has reported any symptoms documented above or has any change in behavior, thinking or physical functioning. Athletes who are suspected of having a possible concussion must be removed from play immediately. Take possession of the athlete's helmet (if applicable).
 2. Ensure that the parent(s) or guardian understands that the athlete should be evaluated as soon as possible by an appropriate health care professional. Do not try to judge the severity of the injury yourself.
 3. Notify the Boys or Girls Director as soon as possible. The Director will be tracking and following up on every reported concussion.
 4. When an athlete has been removed from play because of a suspected concussion, the athlete will NOT be allowed to return to play until they have been evaluated by a health care professional with experience in evaluating for concussion AND a letter or note of clearance to return to play has been delivered to the Boys or Girls Director.
- Return to Play:
 1. It is important to understand that 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 activity until the player receives appropriate medical evaluation and approval for return to play.
 2. The athlete will not be able to participate in an IYL practice or game following a concussion until their treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the athlete to return to play as well as any specific protocol or progression to follow to return to play.
 3. The Boys or Girls Director will manage review the documentation and will work with the player's coach to discuss a plan for the player's return.

OTHER RESOURCES

- The following is a quick reference concussion sheet from the Centers for Disease Control and Prevention (CDC): https://www.cdc.gov/headsup/pdfs/youthsports/heads_up_youth_sports_clipboard_sticker-a.pdf
- Resources for the HEADS UP initiative from the CDC: <https://www.cdc.gov/HEADSUP/>