

# Concussion Policy

## Definition of Concussion

The definition of a “concussion” is taken from the 2017 Consensus Statement from the Concussion in Sport Group: Sport related concussion (SRC) is a traumatic brain injury induced by biomechanical forces. Concussion happens when the brain moves or stops quickly in the skull. While concussion may result from a blow to the head, face, neck, concussion can also result from a hit to the body or fall that transmits impulsive force to the head and causes the head to move quickly back and forth. (See CDC Heads Up – Fact Sheet for Youth Sports Parents.)

## Signs & Symptoms

Observable signs of a concussion may include the following:

1. Loss of consciousness
2. Slow to get up following contact
3. Difficulty with balance or coordination
4. Blank or vacant look
5. Disorientation (for example, player is unsure of location of the bench)
6. Changes in behavior
7. Clutching of the head after contact to the head
8. Visible head injury in combination with any of the above

Symptoms of concussions reported by players may include the following:

1. Headache
2. Dizziness
3. Difficulty with balance or coordination
4. Nausea
5. Difficulty with memory (especially when trying to recall the events prior to or just after the hit or fall)
6. Feeling slow, foggy, or disoriented
7. Sensitive to light or sound
8. Disorientation
9. Trouble with vision
10. Ringing in the ears

Please note that the signs and symptoms of concussion listed above, although frequently observed or reported, are not an exhaustive list. The number and severity of symptoms that occur with an individual concussion may vary.

### **Steps to be Taken**

If a player is suspected of having a concussion, or exhibits the signs or symptoms of a concussion (as described above), they must immediately be removed from participation (no exceptions). The player, or players, in question should see a healthcare professional licensed and experienced in evaluating concussions.

### **Process to Return to Play**

If a player is diagnosed with a concussion, they may not return to participation:

- 1) On that same day or the next calendar day
- 2) Before being cleared to participate by a physician or healthcare professional licensed and experienced in evaluating concussions

To promote recovery, a player who is diagnosed with a concussion should:

- 1) Consider limiting their use of electronic games and devices as advised by the physician or healthcare professional
- 2) Be educated about the need for appropriate sleep, nutrition, and hydration
- 3) Limit his exposure to large groups of people until cleared.

Please also be advised that symptoms for some individuals can last for months or longer. Coaches, trainers, and parents should speak with the player's physician or healthcare provider if the player's concussion symptoms do not go away or if they get worse after they return to their regular activities.

### **Incident and Injury Reporting**

Teams are required to fill out an incident report that documents any injury that requires first aid or professional medical treatment during a practice or game and to send the injury report to the League Operator.

**Contact information for local emergency medical responders and the location of trauma centers**

General EMS

- 9-1-1

INOVA Concussion Clinic (Inova Loudoun Hospital)

- 703-858-6699
- 44035 Riverside Pkwy, #500C Leesburg, VA 20176