

WARRIOR LACROSSE CONCUSSION ACKNOWLEDGEMENT FORM (Modified RRISD Policy)

Warriors Lacrosse follows the concussion management protocol as outlined by RRISD policy (modified to work with the resources and structure of club sport). For protocol details go to www.westwoodlax.org/policies > Concussion Protocol

Definition: A concussion, or mild traumatic brain injury, is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces, caused by a direct blow to the head, face or neck or a blow elsewhere on the body with an “impulsive” force transmitted to the head. The result of a concussion may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Signs and Symptoms of Concussion: The signs and symptoms of concussion may include but are not limited to: Headache, appears dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Evaluation/Management: In the event of a suspected concussion, the player is removed from practice or participation immediately. When injury occurs during a game, suspected concussions are evaluated by onsite Athletic Trainer. During practice, the player is removed from the field and parents are contacted. The player suspected of sustaining a concussion must be seen by a physician before they may resume participation.

Note: It is the responsibility of the parent & player to obtain medical evaluation and treatment in the event of a suspected concussion.

Treatment: The treatment for concussion is cognitive rest. Players should limit external stimulation such as watching television, playing video games, sending text messages, use of computers and bright lights.

Return to Play: The return to play (RTP) protocol follows a stepwise progression of activity until full return. RTP protocol is initiated once the athlete is asymptomatic and has received clearance from a physician to begin. Generally, each step takes 24 hours and requires a minimum of 5 days to complete. The athlete may resume full participation after they have successfully completed each requirement of the return-to-play protocol and the treating physician has determined that, in the physician’s professional judgment, it is safe for the athlete to return.

Note: It is the responsibility of the parent & player to obtain physician clearance to return to play.

Compliance with treatment and return-to-play guidelines is important for reducing the risk of long-term injury. Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing— have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Successful completion of the RTP steps requires collaboration/communication among parent-player-coaches-physicians!