



## Protocol for Suspected Concussion or Head Injury

### ➤ Suspected or Known Head Injury with Severe or Worsening Neurological Symptoms

1. Direct player to closest Emergency Department.
2. Notify Health and Safety Advisor the same day as injury occurred.

*(Example Scenario: Player sustained a blow to the head and has a seizure or initially has headache and dizziness but progressively develops less coherent speech or passes out.)*

### ➤ Possible, Suspected, or Known Head Injury with Minor or Stable Neurological Symptoms

1. Sit player out for the rest of the game.
2. After game, give parent Fact Sheet about concussion and the Return to Participation form.
3. Instruct parents to have player evaluated by physician within 48 hours and that Return to Participation form must be signed for player to return to practice.
4. Notify Health and Safety Advisor within 24 hrs of injury.
5. Once Return to Participation form has been fully completed, it must be turned into the Health and Safety Advisor for the club records.

*(Example Scenario: Player collides with another player and afterward demonstrates any of the typical concussion symptoms, such as headache, dizziness, loss of balance or coordination, memory loss related to event, etc, but these symptoms remain stable.)*

### ➤ Possible Injury with Brief Symptoms Quickly Resolved (Before leaving the field)

1. Sit player out for the rest of the game.
2. Give parent Fact Sheet about concussion and instruct parent to seek medical attention if ANY symptoms develop.
3. Notify Health and Safety Advisor within 24 hrs of injury.

*(Example Scenario: Player gets hit in the head with the ball or by another player and complains of pain only at the site of the bruise but the pain subsides quickly or player gets knocked to the ground and initially seems stunned but quickly feels better.)*

### ➤ Possible Injury with No Symptoms

1. Sit player out for 10 minutes minimum to evaluate for any symptoms.
2. Give parent Fact Sheet about concussion and instruct parent to seek medical attention if ANY symptoms develop.
3. Check on player prior to next practice/ game and instruct parent to take player to a physician if any symptoms developed.

*(Example Scenario: Player survives a dramatic collision with another player and you can't believe they weren't injured but they show no signs or symptoms of injury.)*