



## WHSC Concussion Protocol

Concussion: a traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases.

### CONCUSSION SIGNS, SYMPTOMS, AND MANAGEMENT AT TRAINING AND COMPETITIONS

Step 1: Did a concussion occur? Evaluate the player and note if any of the following signs and/or symptoms are present:

1. Dazed look or confusion about what happened.
2. Memory difficulties.
3. Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds.
4. Short attention span. Can't keep focused.
5. Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
6. Abnormal physical and/or mental behavior.
7. Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

Step 2: Is emergency treatment needed? This would include the following scenarios:

1. Spine or neck injury or pain.
2. Behavior patterns change, unable to recognize people/places, less responsive than usual.
3. Loss of consciousness.
4. Headaches that worsen
5. Seizures
6. Very drowsy, can't be awakened
7. Repeated vomiting
8. Increasing confusion or irritability
9. Weakness, numbness in arms and legs

If any of the above occurred then call 9-1-1 or immediately take to the E.R. (Pomerene hospital has the closest E.R. to Killbuck field.), immediately inform parents, and follow WHSC Medical Emergency Plan in conjunction with this WHSC Concussion Protocol.



## WestHolmesSoccerClub

Step 3: If a possible concussion occurred, but no emergency treatment is needed, what should be done now? Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

1. Balance, movement.
2. Speech.
3. Memory, instructions, and responses.
4. Attention on topics, details, confusion, ability to concentrate.
5. State of consciousness
6. Mood, behavior, and personality
7. Headache or “pressure” in head
8. Nausea or vomiting
9. Sensitivity to light and noise

If any of the above signs and symptoms are present, then the player will not resume play that day. Coach will direct parents to have player evaluated by a medical professional.

Step 4: Inform parents: Even if the player does not display signs and symptoms from steps 1, 2, or 3, the coach will inform parents of a possible concussive event and recommend the parents monitor for the signs and symptoms of a concussion and reduce player’s activity for at least 24 hours. If signs and symptoms appear then parents will have the player evaluated by a medical professional.

Step 5: Return to play: A player diagnosed with a concussion may return to competition or training only after clearance by a medical professional and only with a parent’s permission. The coach will verify with a parent that a medical professional cleared the player, and the coach will ask for any special instructions from the medical professional. Coach will NOT allow a player to return until a parent verifies that a medical professional approved the player to return. The coach will closely monitor the player for the remainder of the season and immediately remove from play for even minor bump to head because the player is more susceptible to follow on concussions.