



Concussion Management Protocol and Requirements

North Carolina law mandates that a youth athlete exhibiting any signs or symptoms of a concussion be removed from play immediately. In order to return to play, the athlete must be evaluated by a health care professional and the USA Hockey Return to Play Form completed.

What is a Concussion? A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

You cannot see a concussion. Signs and symptoms of a concussion can show up right after the

Untreated concussions may result in depression, anxiety, memory loss, and possible suicidal thoughts and behavior. It is very important that players be properly cared for after suffering a concussion in order to ensure their long term safety.

Parental Involvement

Parents need to be involved whenever a player is injured. In order for that to happen, parents must know the signs and symptoms of a concussion, both on injury-date and post injury, and should be aware of possible resources for more information.

Associations must remind parents that coaches have the final say about return to play in a game if the coach suspects a concussion. Coaches are legally obligated to take a player out of play if they suspect a concussion. Parents must have their child seen by an informed health care professional, and provide the coach with a return to play note from the health care professional before the player may play.

If you suspect a player has a concussion, you MUST take the following steps:

- 1) Remove athlete from play, keep him/her supervised, and alert the athlete's parents of their signs and symptoms.
- 2) Inform athlete's parents of the Junior Hurricanes Concussion Policy for return to play guidelines
- 3) Consult the Concussion Recognition Tool (CRT 5) in order to determine suspicion of a concussion (see factors below in determining suspicion of a concussion)

It is not the coach's responsibility to diagnose a concussion, merely the suspicion of one.

MEMORY

Ask the player questions they should know about assignment or position
Nausea or know the answer to, such as date, period, vomiting, opponent.
Forgets general hockey plays (breakout, etc...)
Balance problems

FOCUS

Talk with the player, are they focusing or having difficulty speaking?
Able to speak with coherent sentences
Is unsure of game score or opponent
Double or blurry vision
Moves clumsily
Answers questions slowly
Sensitivity to light and/or noise
Does not feel right
Confusion, can't recall events prior to or after hit or fall

PHYSICAL TEST

Ask the player to touch their finger to their nose numerous times, is the player able to do this properly?

If you believe your athlete has sustained a concussion... you MUST remove him/her out of play, inform the parents you have a suspicion of a concussion, and require the parents to have the player medically diagnosed for a concussion.