



CONCUSSION POLICY

If an athlete exhibits any concussion symptoms, then that athlete must be removed from play and must be evaluated by an appropriate health-care professional in order to Return To Play (RTP).

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If anyone from the coaching staff suspects that an athlete may have a concussion (regardless of where the event occurred), then the athlete must be immediately removed from all physical activity.

Symptoms Observed by Coaching Staff	Symptoms Reported by Athlete or Parent
Appears dazed or stunned	Headaches or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can’t recall events prior to hit or fall	Confusion
Can’t recall events after hit or fall	Does not “feel right” or is “feeling down”

If the appropriate health-care professional diagnosis **IS NOT** a concussion, then the player can RTP immediately.

If the appropriate health-care professional diagnosis **IS** a concussion, then the player can return at health-care professional’s discretion with appropriate documentation for the coaching staff. Upon the athletes return to the playing field, Linganore Youth Football (working with the Parent/Guardian) will follow these RTP steps until the athlete is symptom free:

1. **Day 1:** Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises. If any symptoms persist, repeat step 1 the following day. If no symptoms, proceed to next step.
2. **Day 2:** Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment. If any symptoms persist, return to step 1 the following day. If no symptoms, proceed to next step.
3. **Day 3:** Non-contact training drills in full uniform. May begin weight lifting, resistance training and other exercises. If any systems persist, return to step 1 the following day. If no symptoms, proceed to next step.
4. **Day 4:** Full contact or training. If symptoms persist, return to step 1 the following day. If no symptoms, the athlete has completed the RTP steps.



ADDITIONAL REFERENCES

<https://www.cdc.gov/HEADSUP/>

<https://usafootball.com/programs/heads-up-football/youth/>

<https://nfhslearn.com/courses/61059/concussion-for-students>

<https://nfhslearn.com/courses/61037/concussion-in-sports>