

Concussion Protocol

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return-to-play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initial practice or competition.

(Approved May 2010 Federated Council/Revised May 2012 Federated Council/Revised January 2015 Federated Council)

Q: What is meant by “licensed health care provider?”

A: The “scope of practice” for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).



What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



¿Lo que puede suceder si mi hijo sigue desempeñando con una conmoción cerebral o vuelve a pronto?

Los atletas con los signos y síntomas de conmoción deben eliminarse de juego inmediatamente. Sigue cumpliendo con los signos y síntomas de una conmoción cerebral deja al atleta joven especialmente vulnerables a una lesión mayor. Existe un mayor riesgo de daño significativo de una conmoción cerebral durante un período de tiempo después de que se produzca esa conmoción, especialmente si el atleta sufre otra conmoción cerebral antes de recuperarse totalmente de la primera. Esto puede conducir a recuperación prolongada, o incluso cerebral severa hinchazón (síndrome del segundo impacto) con consecuencias devastadoras e incluso fatales. Es bien sabido que atleta adolescente o adolescente tendrá a menudo bajo síntomas de informe de lesiones. Y conmociones no son diferentes. Como resultado, la educación de los administradores, entrenadores, padres y estudiantes es la clave para la seguridad del estudiante atleta.

Si cree que su hijo ha sufrido una conmoción cerebral

Cualquier atleta incluso sospecha de sufrir una conmoción cerebral debería eliminarse el juego o la práctica inmediatamente. Ningún atleta podrá devolver a la actividad después de una aparente lesión en la cabeza o conmoción cerebral, independientemente de cómo suave parece o cómo rápidamente síntomas claro, sin autorización médica. Observación estrecha del atleta debe continuar durante varias horas. La nueva CIF Ordenanza 313 ahora requiere la implementación de larga y bien establecida regreso a jugar las directrices de la conmoción que se han recomendado desde hace varios años:

"Un estudiante-atleta es sospechosa de mantener una lesión concusión o cabeza de una práctica o juego se eliminarán de la competencia en ese momento y durante el resto del día".

y

"Un estudiante-deportista que ha quitado puede no volver a jugar hasta que el atleta es evaluado por un proveedor de atención de salud con licencia entrenados en la evaluación y gestión de concusión y remoción de escritos recibido para volver a jugar desde proveedor de atención médica".

También debe informar al entrenador de su hijo si cree que su hijo puede tener una conmoción cerebral recordar su mejor perderse un partido que se pierda toda la temporada. Y en caso de duda, el atleta se sienta.

Para obtener información actual y actualizada sobre concusiones puede ir a:

<http://www.cdc.gov/ConcussionInYouthSports/>

Fecha de firma de nombre impreso estudiante atleta estudiante atleta

Padre o tutor Legal impreso principal o la fecha de firma de tutor Legal