



Concussion Policy

LB260, the Nebraska Concussion Awareness Act, became law on July 1, 2012. This bill requires youth organizations, such as the Lincoln Ice Hockey Association (LIHA), to educate their participants, parents, and coaches on how to recognize signs/symptoms of a concussion. In addition, the bill requires athletes to be removed from practice/play if they are “reasonably suspected” of having a concussion and are not allowed to return without medical clearance.

To comply with the requirements of LB260, LIHA has implemented the following policy/procedures effective July 1, 2012, and updated October 5, 2022.

1. Education

- a. Concussion education training will be made available to all coaches on how to recognize symptoms of a concussion and how to seek proper medical treatment.
- b. Athletes/parents will be provided concussion information prior to athlete’s participation on an annual basis.
- c. A parent meeting will be scheduled to explain updates to LIHA policy.

2. Athlete Removal

- a. An athlete will be removed from a practice or game when they are “reasonably suspected” of having sustained a concussion after observation by a coach, LIHA Concussion Coordinator, or a licensed health care professional. If a coach is unsure of a possible concussion, they will immediately FaceTime Dr. Caze for brief on-ice evaluation. This is provided at no cost to the player’s family.
- b. Parents will be provided with a concussion fact sheet if athlete is suspected of a concussion, including warning signs that suggest when an ER visit is required.
- c. LIHA coaches must notify Dr. Caze when a concussion is suspected so the player can be scheduled for an evaluation immediately.

3. Return to Play

- a. An athlete that has been removed from a practice/game when they are “reasonably suspected” of having sustained a concussion may not return to practice/games until the athlete has completed the following:
 - i. Athlete has been evaluated and treated by Caze Concussion Institute (CCI). This will process through the family’s insurance and/or USA Hockey supplemental insurance.
 - ii. Treatment will be provided by concussion specialists from CCI to ensure the safest and quickest recovery. CCI will provide updates to parents, coaches, and the LIHA Concussion Coordinator on return-to-play status, including medical clearance.
- b. Full medical clearance will occur once the player is cleared by CCI to participate in a full-contact practice and subsequent successful completion of full-contact practice.

4. Baseline Testing

- a. Athletes 12 years and older by October 1 of the current season shall complete Vestibular/Ocular Motor Screening annually. Examination will be made available by LIHA at no cost to players. Examination will be governed and administered by CCI. Location(s) and time(s) will be announced on the LIHA website and via email. Previous tests from another sport will not be accepted.
- b. The VOMS is a more objective measure of impairment following concussion, and will replace previous neurocognitive testing.
- c. Neurocognitive testing may be a part of CCI's assessment in determining final clearance, but baseline neurocognitive testing is no longer necessary in concussion management.

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