



## **Highland Park Boys Lacrosse Inc. Concussion Policy**

**Definition of Concussion:** Means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may include temporary or prolonged altered brain function resulting in physical, cognitive or emotional symptoms or altered sleep patterns; and may involve loss of consciousness.

### **Signs and Symptoms of Concussion:**

- The signs and symptoms of concussion may include, but are not limited to: headache or feeling pressure in the head, appears to be dazed or stunned, ringing in the ears, fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss or confusion.
- Symptoms can be immediate or delayed for hours or days.
- Delayed symptoms may include concentration or memory problems, irritability and personality changes, sensitivity to light and noise, sleep disturbance, depression, disorders of taste and smell.
- Parents are recommended to seek emergency care for anyone suspected of a head injury with; loss of consciousness, repeated vomiting, seizure, difficulty with mental function or physical coordination, or symptoms that have worsened over time.
- Parents should reference the Sports Concussion Management Signs and Symptoms Guide from Texas Health Resources ([www.texashealth.org/SportsConcussions](http://www.texashealth.org/SportsConcussions)).

### **Treatment of Concussion:**

- The athlete shall be removed from practice or participation if symptoms of concussion are evaluated by a coach, athletic trainer, team physician or are reported directly by the athlete or athlete's parent.
- Highland Park Boys Lacrosse Coaches and/or Athletic Trainers if present, will use reasonable judgment in determining if an athlete is suspected to have sustained a concussion and will attempt to inform the athlete's parent that a suspected concussion has occurred.
- Highland Park Coaches and/or Athletic Trainers may not recognize a possible concussion and are not liable for failure to diagnose a concussion.
- The athlete's parent may request that the athlete be removed from practice or participation.
- The athlete suspected of sustaining a concussion should be seen by a physician selected by the athlete's parent.

### **Return to Play:**

The athlete shall not be permitted to participate in a Highland Park Boys Lacrosse practice or game following a concussion until:

- The treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the athlete to return to play as well as any specific protocol or progression to follow to return to play.
- The athlete and the athlete's parent have signed a letter indicating that they consent to the athlete returning to play, they understand the risks associated with the athlete returning to play and they agree to release, indemnify and hold harmless Highland Park Boys Lacrosse Inc. and all associated Coaches, Volunteers, Athletic Trainers, Employees, Contractors and Board Members from any liability, loss, damage or injury.