

# North Texas Football League

## Concussion Policy

### **SIGNS & SYMPTOMS OF A CONCUSSION**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves Clumsily
- Answers questions quietly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitive to light
- Sensitive to noise
- Feeling Sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

### **WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?**

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete/player has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep athlete/player out of play.
2. **Ensure that the athlete/player is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have multiple methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete/player after the injury.
3. **Immediately inform the athlete/player's parents or guardians about the possible concussion and make sure they know the athlete/player should be seen by a health care professional experienced in evaluating for concussion.**
4. **Allow the athlete/player to return to play only after written medical clearance is given from an appropriate health care professional.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and rare **second impact syndrome** by delaying the athlete/player's return to the activity until the athlete/player receives appropriate medical evaluation and approval for return to play.

### ***NTFL Return to Play Concussion Policy:***

Athlete/player must follow the five (5) step plan below after seeing and being cleared for activity or contact by a physician unless given a more conservative plan by the treating physician.

1. No activity.
2. Light exercise (walking, stationary bike) increased heart rate.
3. Sport specific exercises and activities (jogging, push-ups, sit ups, throwing, catching). **No contact.**
4. Non-Contact Drills (running, sprinting, jumping). **No contact.**
5. Full Contact. **Only after medical clearance.**

***Rules for five (5) steps: At least twenty-four (24) hours for each step. Progress only if asymptomatic (without symptoms). At least 2 of the steps must be observed by a coach or Association Board Member. If a problem develops go back to the previous step and immediately contact physician.***

***Per NTFL Return to Play Concussion Policy, athlete/player cannot return to play without written medical clearance being provided to the league and the above referenced five (5) Step (24 hour per step) Guidelines being strictly followed.***