



WHAT'S IN A CONCUSSION MANAGEMENT PLAN?

CONCUSSIONS ARE AMONG THE FIVE MOST FREQUENT INJURIES FOR BOTH BOYS AND GIRLS LACROSSE PLAYERS. TEAMS, LEAGUES AND CLUBS SHOULD HAVE A DOCUMENTED PLAN, REVIEWED AND UPDATED ANNUALLY, TO DEAL WITH THESE INJURIES.



FACT:

Boys have a 50% greater risk of concussion than girls.



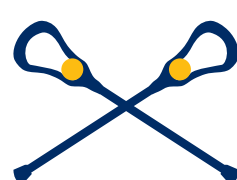
WHAT SHOULD THE PLAN INCLUDE?

EDUCATION
SIGNS & SYMPTOMS FOR REMOVAL FROM PLAY
RETURN TO SCHOOL & RETURN TO PLAY

WHO NEEDS EDUCATION?



PARENTS



ATHLETES



COACHES

10 SIGNS OF CONCUSSION AS OBSERVED BY OTHERS

APPEARS DAZED OR STUNNED
CONFUSED ABOUT ASSIGNMENT OR POSITION
FORGETS AN INSTRUCTION
UNSURE OF GAME, SCORE OR OPPONENT
MOVES CLUMSILY
ANSWERS QUESTIONS SLOWLY

LOSES CONSCIOUSNESS (EVEN BRIEFLY)
SHOWS MOOD, BEHAVIOR OR PERSONALITY CHANGES
CAN'T RECALL EVENTS PRIOR TO HIT OR FALL
CAN'T RECALL EVENTS AFTER HIT OR FALL

10 SYMPTOMS OF CONCUSSION REPORTED BY ATHLETE

HEADACHE OR PRESSURE IN HEAD
NAUSEA OR VOMITING
BALANCE PROBLEMS OR DIZZINESS
DOUBLE OR BLURRY VISION
SENSITIVITY TO LIGHT OR NOISE

FEELING SLUGGISH, HAZY, FOGGY OR GROGGY
CONCENTRATION OR MEMORY PROBLEMS
CONFUSION
DOES NOT "FEEL RIGHT"
IS "FEELING DOWN"

RETURN TO SCHOOL & RETURN TO PLAY

A GRADUATED RETURN TO ACTIVITY SHOULD BE USED AFTER GETTING CLEARANCE FROM A QUALIFIED HEALTHCARE PROFESSIONAL. SUPPORT FROM SCHOOL FOR CLASSES, EXAMS AND SCHOOLWORK IS IMPORTANT. THE RETURN-TO-PLAY AND RETURN-TO-SCHOOL PROGRESSION HAS SEVEN STEPS:

1 REST



RETURN TO SCHOOL AND/OR DAILY NON-ATHLETIC ACTIVITIES

2

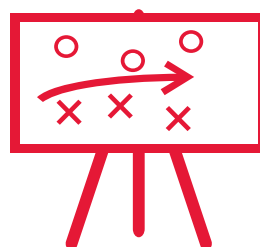
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BEGIN AEROBIC EXERCISE



4

SPORT SPECIFIC TRAINING/ CATCHING AND THROWING



NON-CONTACT DRILLS/LINE DRILLS

5



6

CONTROLLED FULL CONTACT ACTIVITY/ SCRIMMAGE



FULL RETURN TO PLAY AND GAME COMPETITION

7

US LACROSSE'S GUIDELINES FOR A CONCUSSION MANAGEMENT PLAN ARE AVAILABLE ONLINE AT

[USLACROSSE.ORG/CONCUSSIONAWARENESS](https://uslacrosse.org/concussionawareness)