**Nashoba Girls Lacrosse Concussion Management Plan**

Nashoba Girls Lacrosse strongly supports player safety and concussion management plans in our sport. US Lacrosse states: "Every year, players of all ages in all sports receive concussion injuries during games and practice. Characterized by an impairment of the brain’s normal function and caused by violent shaking or jarring of the brain, concussions may cause alterations in cognitive function, vision, eye movement, facial movement, or speech. Contrary to popular belief, no helmet in any sport can prevent a concussion." Putting the safety and health of players first requires parents, players, and coaches to work together when dealing with concussions.

**Prior to Season**

All Nashoba Girls Lacrosse coaches will complete Center for Disease Control Heads Up Concussion Training for Coaches. This course highlights symptoms coaches should look for and symptoms players may experience. Parents will receive notification about Nashoba Girls Lacrosse's concussion management plan. Parents will inform coaches of their child's previous head injuries.

**During Practice or Game**

If a suspected head injury occurs, the coaches will remove the player from play. Coaches will assess player for concussion symptoms. "When in doubt, sit her out" will be followed, airing on the side of caution. The player will be asked if she is experiencing any symptoms after a suspected head injury. If a player loses consciousness, coaches will call 911. Coaches will inform parents of symptoms observed and symptoms reported by player. Parents will observe their child for symptoms and visit a healthcare professional if appropriate. Parents will share information with the coach as necessary.

Symptoms observed by coaches and parents may included:

• Appears dazed or stunned  • Is confused about assignment or position  • Forgets an instruction  • Is 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

Symptoms experienced by player may include:

• 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” or is “feeling down”

**Post-Concussion Management**

A written letter from a healthcare provider stating the player is free of concussion symptoms is required to return to play. Coaches will follow a progressive stepped approach for gradual return to activity. Open communication between player, coach, and parents is essential throughout this process. If the player experiences any symptoms, the coach will remove the player from play and talk to parents. Rushing to return is not worth long term brain injury.

For more information please visit:

<http://www.headsupparents.org/>

<http://www.cdc.gov/concussion/HeadsUp/youth.htm>

[http://www.uslacrosse.org/portals/1/documents/pdf/about-the sport/concussion\_infographic.pdf](http://www.uslacrosse.org/portals/1/documents/pdf/about-the-sport/concussion_infographic.pdf)

<http://nrhs.nrsd.net/assets/files/20132014%20Athletics/NRSD%20Protocol%202014.pdf>

<http://www.uslacrosse.org/multimedia-center/blog/postid/846/8-steps-for-better-concussion-management-in-lacrosse.aspx>