

CONCUSSION POLICY



ESPR'S POLICY AND PROCEDURE

1. If a player is suspected to have a concussion during an ESPR game or practice, that player must be removed from play.
2. That player may not return to play the remainder of the day.
3. Player must see a medical professional to properly diagnose concussion.
4. Player must have a written release from the medical professional in order to return to play.
5. If there is no medical release or player did not see a medical professional, they must sit out **1 week** of practice and games. (Can return that following Monday)

SIGNS AND SYMPTOMS

OBSERVED BY COACH/PARENT

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assigned position, or is unsure of the 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 or after a hit or fall.

REPORTED BY ATHLETE

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right", or "feeling down".