



Golden Empire Youth Football Concussion Plan of Action & Return to Play Policy

As of May 31, 2011

Plan of Action:

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 a number of 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.

GEYF Return to Play Concussion Policy:

Athlete/player must follow the six **(6)** 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, consider no class or studying.
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).
6. Return to game play.

Rules for six (6) steps: At least twenty four (24) hours for each step. Progress only if asymptomatic (without symptoms). If a problem develops go back to the previous step and immediately contact physician.

Per GEYF Return to Play Concussion Policy, athlete/player cannot return to play without written medical clearance being provided to the league and the above referenced Six (6) Step (24 hour per step) Guidelines being strictly followed.

Golden Empire Youth Football players cannot return to contact in less than a ten (10) day period after being cleared by an appropriate health care professional.
(Refer to GEYF Six (6) Step Program).

SIGNS & SYPMTOMS

Signs observed by coaching staff

- 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 personally changes*
- Can't recall events prior to hit or fall*
- Can't recall events after hit or fall*

Symptoms reported by Athlete/Player

- 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"*

**Golden Empire
 Board of Directors**