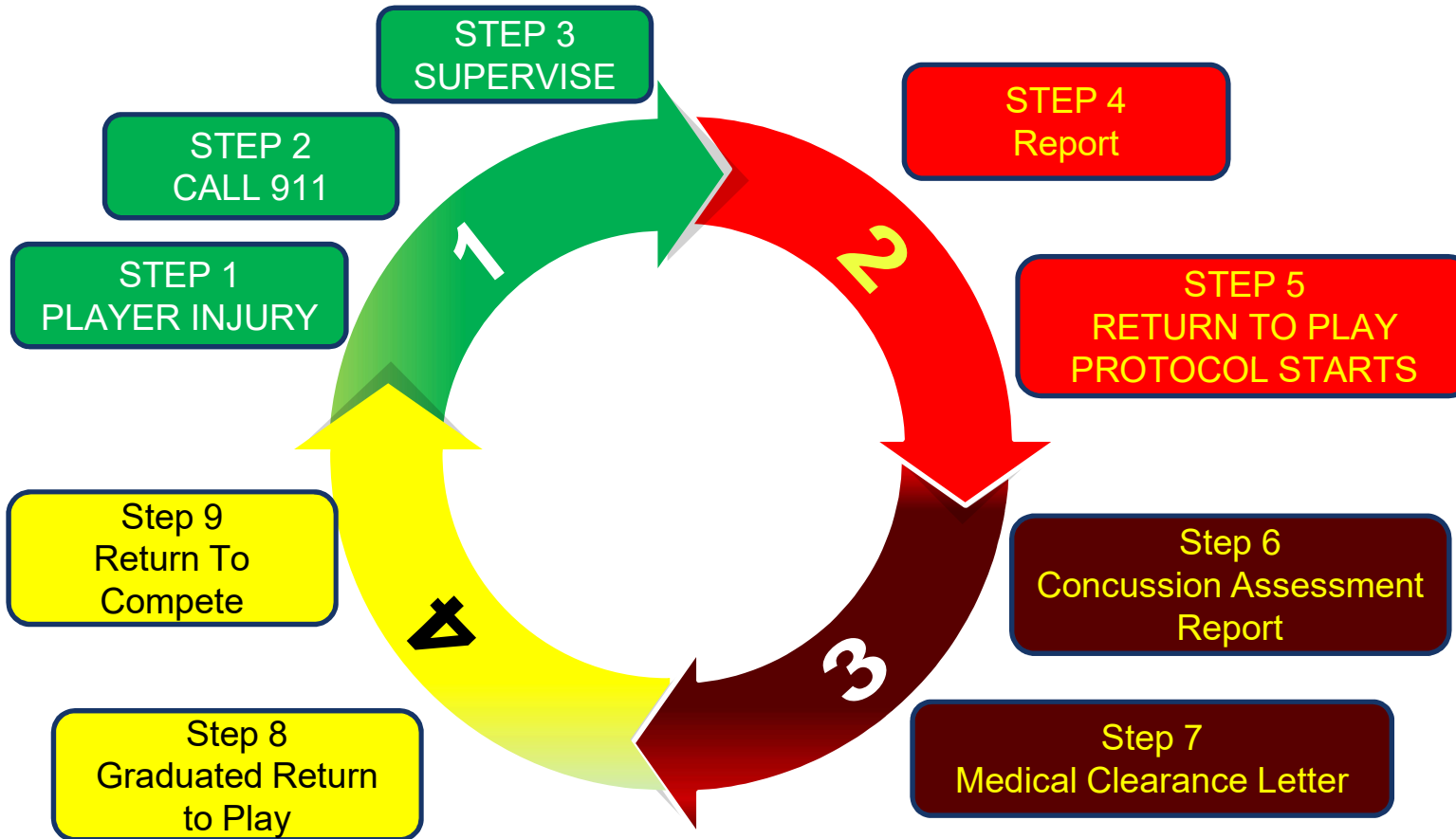


Concussion Protocol



Concussion Protocol Conscious



STEP 1 PLAYER INJURY



-Player gets a head injury, analyze, Conscious players that injury their heads might not show symptoms, the best option is to direct them to the nearest Urgent Care Center and email the parents Concussion information from website and begin report. Once in place We begin concussion protocol for the player.

Figure 1: REPORTED CONCUSSION SIGNS & SYMPTOMS

Headache	Feeling mentally foggy	Sensitive to light
Nausea	Feeling slowed down	Sensitive to noise
Dizziness	Difficulty concentrating	Irritability
Vomiting	Difficulty remembering	Sadness
Visual problems	Drowsiness	Nervous/anxious
Balance problems	Sleeping more/less than usual	More emotional
Numbness/tingling	Trouble falling asleep	Fatigue

Concussion Protocol Conscious



STEP 1 PLAYER INJURY



-Player symptoms to watch for....

Figure 2: VISUAL/OBSERVABLE SYMPTOMS

Lying down motionless on the playing surface	Blank or vacant look
Slow to get up after a direct or indirect hit	Facial injury after head trauma
Disorientation or confusion, or an inability to respond appropriately to questions	
Balance, gait difficulties motor in coordination, stumbling, slow labored movements	

Figure 3: RED FLAG SYMPTOMS

Neck pain or tenderness	Loss of consciousness
Double vision	Deteriorating conscious state
Weakness/tingling/burning in arms or legs	Vomiting
Severe or increasing headache	Increasing restless, agitated or combative
Seizure or convulsion	Focal neurologic signs (e.g. paralysis, weakness, etc.)

Concussion Protocol Unconscious



STEP 2 CALL 911

- In The event of loss of consciousness
- Ensure that a member of the team staff stays with the player.
- Notify any family members immediately if they are present. If they are not present, contact them immediately.

STEP 3 SUPERVISE

- Ensure Ambulance are clear with information.
- Clear room and prepare for ambulance service

Concussion Protocol



STEP 4 Report

- Email Supervisor of incident and Inquiries@fcemery.com. Fill out the online incident report.
- Send forms to parents or guardians for medical report. Located on web.
- Fill out the online incident report.

-
https://docs.google.com/forms/d/e/1FAIpQLSetk3_i0TD8wDgZ61D3QcR4Usyr5YeBbO-QExkACciWB4I75g/viewform

STEP 5 RETURN TO PLAY PROTOCOL STARTS

- Cannot return to play until a concussion assessment Medical Report is signed by medical doctors.
- Medical Clearance letter is received.
- Letters are scanned and sent to admin staff. Until staff approves player cannot resume

Concussion Protocol



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Step 6 Concussion Assessment Report

-Once form returned and signed
Make sure to scan and submit to
inquiries@fcemery.com.

Step 7 Medical Clearance Letter

-Once form returned and signed
Make sure to scan and submit to
inquiries@fcemery.com.
-Player cannot resume until forms
are approved by the club admin.
Submission does not mean
approval.

Concussion Protocol



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Step 8 Graduated Return to Play

- Player is permitted to return with graduated training, coach and manager are informed.
- Any regression they stop.
- Any multiple regressions and we return to step 6. must be re-evaluated by medic again.

Step 9 Return To Compete

- Player is permitted to return to games only if player has consecutive sessions without any regression.