

FLORIDA TRAVEL LACROSSE LEAGUE CONCUSSION POLICY

An athlete in any sport can suffer from a head injury. Simply because the sport is non-contact does not leave out the risk from flying objects or incidental collisions. All coaches must understand the risk for their sport and know how to recognize and handle head injury issues.

If any athlete at any time suffers even a slight head injury the athletic training staff will be notified immediately. Parents or legal guardians of the athlete must be notified and informed of the warning signs and what to expect.

Please know that hospitals do NOT always look at signs and symptoms of mild head injuries, only internal bleeding or hemorrhaging. They may do an imaging study and if that is clear they may not know or follow the most updated guidelines for return to play. Second Impact Syndrome is VERY serious. It is when an athlete returns too soon and even the smallest bump can cause them to have massive and immediate swelling of the brain. Most people do not survive long enough to make it to the hospital.

All athletes suffering a head injury as determined by the on staff certified athletic trainer, regardless of level of care will not return to competition the weekend of the tournament.

Return to play guidelines will be based off the severity of the head injury. If an athlete suffers from amnesia or unconsciousness they will not be returning to play in that competition, NO exceptions. General guidelines state that an athlete suffering from a head injury will not participate for at least one week from the time of injury. If no loss of consciousness or amnesia is noted the athlete MUST BE ASYMPTOMATIC (using a daily symptoms checklist) for at least 5 days but likely 7 days before discussing return to participation.

Athletes suffering from any level head injury need to rest peacefully as much as possible. The athlete should be in limited light and should NOT be allowed to watch TV, use a computer or cell phone, or play video games until symptoms have mostly subsided. Teachers should be notified of the injury to find the best treatment plan at school.