

CONCUSSION EDUCATION

Capital Field Hockey POLICIES AND PROCEDURES REGARDING THE IDENTIFICATION AND HANDLING OF SUSPECTED CONCUSSIONS IN YOUTH ATHLETES

Definitions(s)

A concussion is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head.

A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual. A concussion can be difficult to diagnose, and failing to recognize the signs and symptoms in a timely fashion can have dire consequences.

Most athletes who experience a concussion can recover completely as long as they do not return to play prematurely. The effects of repeated concussions can be cumulative, and after a concussion, there is a period in which the brain is particularly vulnerable to further injury. If an athlete sustains a second concussion during this period, the risk of permanent brain injury increases significantly and the consequences of a seemingly mild second concussion can be very severe, and even result in death (i.e., "second impact syndrome").

Appropriate licensed health care provider means a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.

Return to play means participate in a nonmedically supervised athletic competition.

Please use the link below to help educate yourself about concussions.

Heads Up: Concussion in Youth Sports Info for Players, Parents and Coaches

Capital Field Hockey wants you to be informed. You can find vital [concussion info from the CDC](#) by following this link. Also, go to the following link to get important [concussion training for coaches](#)

An athlete suspected of sustaining a concussion or brain injury in a game shall be removed from the activity at that time. An athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury shall not return to play that same day nor until (i) evaluated by an appropriate licensed health care provider (as defined below) and (ii) in receipt of written clearance to return to play from such licensed health care provider.

I. Protocol for return to play

A. No member of Capital Field Hockey shall participate in any game the same day he or she is injured and:

1. exhibits signs, symptoms or behaviors attributable to a concussion; or
2. has been diagnosed with a concussion.

B. No member of Capital Field Hockey shall return to participate in a game on the days after he/she experiences a concussion unless all of the following conditions have been met:

1. the player no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion;
2. the player is asymptomatic during, or following periods of supervised exercise that is gradually intensifying; and
3. the player receives a written medical release from a licensed health care provider.