

Fort St. John Minor Lacrosse Concussion Policy



1. Introduction

- 1.1 FSJ Minor Lacrosse has created this policy related to Concussions (Identification, Treatment, and Management)
- 1.2 FSJ minor lacrosse has adopted this policy as the basis for the management of concussions in the sport of Lacrosse.
 - (a) To recognize all Concussive Injuries
 - (b) To Remove from play for proper evaluation any player suspected of having a concussive injury.
 - (c) To provide rest and a graduated return to play protocol for the management of the players recovery and ultimately return to play.

2. Definition

- 2.1 Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces.

3. Signs of a Concussion

- 3.1 Initial objective observations of concussion
 - (a) Loss of consciousness or responsiveness
 - (b) Confused or dazed expression
 - (c) Balance problems or falling over
 - (d) Lying motionless on the ground
 - (e) Grabbing of the head
 - (f) Impact seizure or convulsions
- 3.2 **Symptoms of concussion**
 - (a) Headache
 - (b) Nausea/vomiting
 - (c) Dizziness
 - (d) Behaviour or personality changes: inappropriate emotions, irritability or anxiousness
 - (e) Memory loss
 - (f) Slowed reaction time
 - (g) Confusion/poor concentration
 - (h) Sensitivity to light or noise

4. FSJ Minor lacrosse responsibilities

- (a) We will ensure all coaches and team managers have current CATT certification
- (b) Follow the CATT Concussion pathway
- (c) Keep track of any concussion incidents
- (d) Provide Catt pocket cards to all coaches and managers
- (e) If player is suspected of having concussion, safety person for team may pull player to be evaluated and may not return to game until evaluation is complete.

5. Final Authority for an Athlete to return to play

- (a) Any player who has been declared to have a concussion must have written medical clearance before they are allowed to return to play or practice