

## Concussion Management Plan:

Champions for Life, Inc. and all event staff at Everest Park will support, uphold and adhere to the policies and procedures set forth in the Concussion Management Plan below.

“Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

- Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
- Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
- Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
- Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged.
- Other explanations of signs and symptoms, such as drug use, medical illness or injury, should be excluded.

Signs and Symptoms of Concussion Include:

### Signs Observed by Others

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

### Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down

Any player who is determined to be at risk for a concussion shall be removed from play immediately. The coach shall contact the Athletic Trainer on site, who will then evaluate the player, using a brief screening tool assessing symptoms, cognitive function and balance. Any athlete who is diagnosed with a concussion shall not return to activity for the remainder of that day and be referred to a physician. Assessment of the athlete will be conducted at appropriate time intervals as determined by his or her physician or appropriate healthcare provider. The Athletic Trainer will inform the player’s parent/guardian about the possible concussion, and give them information on concussion signs and symptoms.

Should an athlete experience deterioration of level of consciousness, decreasing neurologic function, and/or exhibit signs and symptoms associated with a severe head or neck injury, consideration for a more serious brain injury such as intracranial hemorrhage, skull fracture, or cervical spine compromise should be considered, and the EAP should be activated.