

## **LCA Concussion Protocol**

1. Coaches and officials are to review and know the signs and symptoms of concussions. They are to prohibit any athlete who displays any concussion signs or symptoms from participating in a practice, game, or match. If an athlete is removed from competition due to a suspected concussion or head injury, he/she may not return to participation until cleared by a medical professional; the doctor must complete and sign the CYO Medical Release form.

2. Only a doctor or licensed health care provider can accurately diagnose a concussion. If it is determined by a medical professional that the athlete has sustained a concussion/head injury, the parents must inform the coach and Pastoral Designee.

3. The Pastoral Designee will inform the Administration, school nurse, and the athlete's appropriate teachers. The teachers will work with the student-athlete to accommodate his/her needs while recovering.

4. Once the athlete is "symptom free," he/she should return to the doctor for assessment. If it is determined that the athlete is cleared and free to return to play, the doctor must complete and sign the CYO medical release form. A copy of the release form should be given to the coach and Pastoral Designee. The parents should keep a copy for their records as well.

5. When the athlete returns to play, he/she should do so in a step by step progression monitored by the coach. If any symptoms occur during this time the athlete should stop all activity and rest for 24 hours. If symptoms continue to persist after the 24 hour period the athlete should return to the doctor for further assessment.

***I have hereby read and acknowledged the LCA Concussion Protocol stated in the above document and will abide by its process.***

***Athlete's Name(Print):*** \_\_\_\_\_

***Grade:*** \_\_\_\_\_

***Parent Signature:*** \_\_\_\_\_

***Date:*** \_\_\_\_\_