

Youth Sports Concussion Guidelines

CONCUSSION SIGNS AND SYMPTOMS

Observed by Coach or Parent	Reported by Athlete
Appears dazed or stunned	Nausea or vomiting
Is confused about assignment or position	Headache or "pressure" in head
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems / confusion
Can't recall events prior to or after hit or fall	Just not "feeling right" or is "feeling down"

Concussion Action Plan

- STOP PLAYING - WHSSA rule - no player shall return to play the same day if a loss of consciousness or *suspicion* of a loss of consciousness has occurred.
- See a medical professional
- Physical rest -
 - ✓ No sports
 - ✓ No weight training
 - ✓ No cardio training
 - ✓ No PE classes
 - ✓ No biking, skateboarding, running
- Cognitive rest-
 - ✓ No texting
 - ✓ No video games
 - ✓ No homework
 - ✓ No computer
 - ✓ No TV
 - ✓ No, *really...* just give it one day!

RETURN TO PLAY GUIDELINES

Rehab Stage	Functional exercise	Objective
No activity	Complete physical and cognitive rest	Recover
Light aerobic	Walking, swimming, stationary bike	Increase heart rate
Sport-specific exercise	Drills specific to sport, but no head impact activities	Add movement
Non-contact training	More complex training drills, some resistance training	Exercise, coordination, cognitive load
Full contact practice	Following medical clearance, normal training	Restore confidence, assess skills
Return to play	Normal game play	

This is a graduated return to play with each stage taking at least 24 hours. If concussion symptoms return, the athlete should go back to the previous stage. Do not move on to the next stage until all symptoms are gone.

Risks of playing with a concussion:

Second Impact Syndrome - Usually fatal, the 2nd impact can be very minor but triggers an inability to self-regulate the amount of blood volume to the brain and can be fatal in under 5 minutes.

Chronic Traumatic Encephalopathy - A progressive degenerative disease found in individuals subjected to multiple concussions.

Post-Concussion Syndrome - Symptoms last weeks to years: attention deficits, headaches, dizziness, fatigue, impulsivity, irritability, low frustration threshold, temper outbursts, changes in mood, learning and memory problems, impaired planning and problem solving, lack of initiative, poor balance, lack of self-awareness, and more.



WYOMING
Brain Injury Alliance

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