



## Concussion Management Plan Greater Birmingham Youth Lacrosse Association

The following policies and procedures have been instituted by the Greater Birmingham Youth Lacrosse Association (GBYLA) in an effort to identify, manage and return athletes safely to competition following a concussion.

### Pre-Season Education:

- Concussion educational information based on CDC concussion fact sheets are posted and available on our website, [www.gbyla.org](http://www.gbyla.org) under RULES & SAFETY for both parents and coaches. Each parent will agree to an electronic version of the PARENT/ATHLETE CONCUSSION INFORMATION SHEET upon registering for the Spring Season. By agreeing they acknowledge they have read and understand concussion management and protocol.
- By acknowledgement of the Parent/Athlete Concussion Information Sheet as well as electronic acceptance of Parent Code of Conduct during the Spring Season registration process, each athlete and/or legal guardian accepts responsibility for reporting injuries (including concussions) and illnesses to their assigned GBYLA Head Coach. At the beginning of each Spring Season, all GBYLA Head Coaches are required to conduct a preseason meeting with all parents & athletes and as part of this meeting, the concussion information and protocol is reviewed.
- All coaches are required to take the Head's Up Concussion Online Training Course as well as receive the CDC Head's Up Concussion in Lacrosse information sheet as presented by US Lacrosse during the mandatory Spring Preseason Coaches Meeting which includes concussion education and EAP training. Each individual will be required to sign that they have attended the preseason meeting and received the concussion education information. The meeting will occur on an annual basis one week prior to Spring Season practice start.

### Pre-Participation:

- Clearance for participation or need for further consultation, evaluation or testing will be at the discretion of the athlete's personal healthcare physician.
- In following protocol for any documented concussion, written clearance is required and must be provided by the athlete's personal healthcare physician to the athlete's Head Coach prior to participation.

### Recognition and Diagnosis of Concussion and Post-Concussion Management:

- Any athlete who exhibits signs or symptoms consistent with a concussion as deemed by the Head Coach or on site certified athletic trainer, with or without a witnessed injury, will be removed from activity (practice or game) immediately and referred to their personal healthcare physician for evaluation. Head Coaches are not responsible or allowed to diagnose athletes with signs and symptoms of a concussion nor are they allowed to participate in any decision making regarding return to competition.
- Once an athlete has been removed from play for suspected concussion and/or formally diagnosed by a healthcare physician with any form of concussion or mild traumatic brain injury, **he/she will NOT be allowed to return to any practice or competition.**
- Following initial injury, the athlete should be evaluated and monitored by their personal healthcare physician.
- If a player is diagnosed with a concussion, GBYLA Operations Director must be notified of this diagnosis by the Parent and the Coach.

### Return to Play:

- Athletes diagnosed with a concussion will undergo follow-up with their personal healthcare physician.
- In following protocol for any suspected concussion and/or documented concussion, written clearance is required and must be provided by the athlete's personal healthcare physician to the athlete's Head Coach prior to return to play.
- Coach shall provide copy of return to play written notice to GBYLA Operations Director.

### Reducing Head Trauma Exposure Management Plan:

Efforts will be made to reduce exposure to head trauma. Examples of methods to minimize head trauma exposure include but are not limited to:

- Taking a "safety first" approach to sport
- Taking the head out of contact
- Coaching and athlete education regarding safe play and proper technique.