

CONCUSSION SAFETY

Concussions MUST be taken very seriously. Putting a player back in a game with a concussion --- even a mild one --- puts them at great risk for life-long disabilities and/or fatal consequences. A concussion must be fully healed before returning to action, and only a trained physician can make that call. Your job as a coach is to protect the player from further harm and immediately remove the player from action if any symptoms appear. It is important to note that some symptoms may not appear for 24 hours, so you should take a conservative approach if you witness any head trauma. Likewise, parents must support the decision of the coaches to remove players from games if injury is suspected.

WHAT TO DO IF A CONCUSSION IS SUSPECTED

The ImPACT website provides a tremendous amount of information on this topic. You are encouraged to review this information at <http://impacttest.com/concussion/overview>. Some of this information is summarized below for your convenience:

Common Signs and Symptoms of a Concussion

Signs observed	Signs reported by athlete
Appears to be dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness (even temporarily)	Feeling "foggy"
Shows behavior or personality change	Change in sleep pattern
Forgets events prior to hit (retrograde amnesia)	Concentration or memory problems
Forgets events after hit (anterograde amnesia)	

The Coaches and Trainers will not take ANY chances with regard to concussions. If a player is suspected of having a concussion based on any of the above signs or symptoms, they will be removed from the match.

Steps to Diagnose and Treat

- Removal from contest following signs and symptoms of concussion
- No return to play in current game
- Medical evaluation following injury and Post Injury Testing (see below)
- Rule out more serious intracranial pathology
- Steps to return to play:
 1. No activity - rest until asymptomatic

2. Light aerobic exercise
3. Sport-specific training
4. Non-contact drills
5. Full-contact drills
6. Game play

Medical Evaluation

Within 24-72 hours of injury, players should take a post injury test administered by a Credentialed ImPACT Consultant (CIR). We are fortunate in that Bull Run Family Practice in Manassas, VA has two CIRs and we have made arrangements for them to administrator our program. In the event of injury, an appointment should be made with either Dr. Ross or Dr. Parker by calling 703-368-3161. Be sure to reference the need to have a post injury ImPACT test. They will assess and make any referrals that may be needed. As a footnote, Bull Run is in the process of building out a comprehensive sports medicine center.

It is important to note that ImPACT provides medical professionals an additional tool to help them evaluate patients but ImPACT is not a replacement for a medical evaluation. If ImPACT results are abnormal, the player should continue to refrain from practice and competition. The second post injury test should be administered one to two weeks after the initial post injury test. Testing more than once/week is strongly discouraged. Once scores have returned to baseline level and symptoms have resolved an exertion test should be performed.

HELPFUL PHONE APPS

Concussion by SportsSafety Labs, LLC. --- Provides field diagnostics questions as well as a full field test that you can administer to help determine if a player has suffered a concussion.