

Salem Keizer Youth Lacrosse League

Board Policy on Concussions

I. Definitions

- (A) **Board approved concussion recognition training.** Any training deemed acceptable by the SKYLL Board of Directors that provides fundamental information on preventing, recognizing, and responding to a concussion.
- (B) **Coach.** An individual who volunteers to instruct or train players participating in SKYLL organized activities.
- (C) **Head coach.** A coach that possesses ultimate responsibility for an organized SKYLL team as designated by the SKYLL Board of Directors.
- (D) **Qualified healthcare professional.** A physician (MD), physician's assistant (PA), doctor of osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners
- (E) **Referee.** An individual who volunteers or is paid to act as a referee for SKYLL organized activities.
- (F) **SKYLL organized activity.** Any practice, scrimmage, game, or other activity sanctioned by the Salem Keizer Youth Lacrosse League.

II. Introduction. Any head contact violates the rules and regulations of lacrosse. However, it is still possible for a lacrosse player to sustain a head injury, either through a violation of the rules or through a fall or other impact sustained in legal play. A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head to move quickly back and forth.

Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreation activities. While many of these injuries may be considered mild, they can result in health consequences such as impaired thinking, memory problems, and emotional or behavioral changes. In order to effectively and consistently manage these injuries, Salem Keizer Youth Lacrosse League (SKYLL) has developed this Board Policy on Concussions (Policy) to aid in ensuring that concussed players are identified, treated and referred appropriately, receive appropriate follow-up medical care, and are fully recovered prior to returning to activity with the team.

III. Scope

- (A) This Policy applies to all players, coaches, referees, and other authorized persons participating in any SKYLL organized activity.
- (B) SKYLL shall make a copy of this Policy available to all players, parents, coaches, referees, league administrators, and other individuals involved in any SKYLL organized activities.
- (C) Players shall not be permitted to play or participate in any SKYLL organized activity prior to SKYLL receiving acknowledgement from the player's parent or legal guardian and the player (if the player is 12 years of age or older) that they have received, read, understand, and agree with this Policy.

- (D) All coaches shall complete Board approved concussion recognition training, and provide proof of completion of such training to SKYLL, prior to participating in any SKYLL organized activity. It shall be the responsibility of the designated head coach of each team to ensure that all assistant coaches or volunteers actively involved in practices, scrimmages, and/or games have completed required concussion recognition training and proof of completion of such training has been submitted to SKYLL.
- (E) All referees employed directly by SKYLL shall complete Board approved concussion recognition training, and provide proof of completion of such training to SKYLL, prior to participating in any SKYLL organized activity.

IV. Recognition

- (A) A concussion or traumatic head injury is an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self reported conditions attributable to the injury:
 - (1) Transient confusion, disorientation, or impaired consciousness;
 - (2) Dysfunction of memory (memory loss prior to or after the hit or fall);
 - (3) Loss of consciousness; or
 - (4) Signs of other neurological or neuropsychological dysfunction, including:
 - (a) seizures;
 - (b) irritability;
 - (c) lethargy;
 - (d) vomiting;
 - (e) headache;
 - (f) dizziness;
 - (g) fatigue;
 - (h) light sensitivity, or
 - (i) noise sensitivity.
- (B) Coaches, referees, and/or parents or volunteers are not expected to be able to diagnose a concussion or traumatic head injury. That is the role of a qualified healthcare professional. However, coaches, referees, and/or parents or volunteers must be aware of the signs, symptoms, and behaviors of a possible concussion or traumatic head injury, and implement the appropriate protocol as outlined in this Policy.

V. Removal from Activity

- (A) If a player exhibits signs, symptoms, or behaviors consistent with a concussion or is suspected of having a concussion or brain injury, the coach and/or referee must take action to immediately remove the player from activity until cleared by a qualified healthcare professional.
- (B) A coach may not allow a player to participate in a SKYLL organized activity on the same day that the player:
 - (1) Exhibits signs, symptoms, or behaviors consistent with a concussion following an observed or suspected blow to the head or body; or
 - (2) Has been diagnosed with a concussion.
- (C) A referee may not allow a player to participate in a SKYLL organized activity during which the player exhibited signs, symptoms, or behaviors consistent with a concussion following an observed or suspected blow to the head or body.

VI. Notification

(A) Parent notification

- (1)** The head coach shall ensure that the player's parent or legal guardian is notified as soon as reasonably possible of the following:
 - (a)** The player has been injured;
 - (b)** Depending on the injury, an emergency vehicle will pick the player up at the event and transport him or, if the player is symptomatic but stable, the player may be picked up at the event and transported by the parent;
 - (c)** If the player is transported by the parent, the parent should be advised to contact the player's primary care provider, or seek care at the nearest emergency department, on the day of the injury; and
 - (d)** A medical evaluation and release by a qualified healthcare professional is required before the player will be allowed to participate in any SKYLL organized event.

(B) Parent cannot be reached

- (1)** In the event that a player's parent or legal guardian cannot be reached, and the player is able to be sent home rather than directly to an emergency medical provider, the head coach shall:
 - (a)** Ensure that the player will be with a responsible adult who is capable of monitoring the player before allowing the player to go home;
 - (b)** Continue efforts to reach the parent or legal guardian; and
 - (c)** Ensure that the parent or legal guardian is notified that a medical evaluation and release by a qualified healthcare professional is required before the player will be allowed to participate in any SKYLL organized activity.

(C) Emergency medical response.

- (1)** The following situations indicate a medical emergency and require an emergency medical response by the coach and/or referee in conjunction with parent notification:
 - (a)** Any player with a witnessed loss of consciousness of any duration should be transported immediately to the nearest emergency department via emergency vehicle.
 - (b)** Any player who has symptoms of a concussion, and who is not stable (i.e., condition is worsening), should be transported immediately to the nearest emergency department via emergency vehicle.
 - (c)** A player who exhibits any of the following symptoms should be transported immediately to the nearest emergency department, via emergency vehicle:
 - (i)** Deterioration of neurological function;
 - (ii)** Decreasing level of consciousness;
 - (iii)** Decrease or irregularity in respirations;
 - (iv)** Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding;
 - (v)** Mental status changes: lethargy, difficulty maintaining arousal, confusion or agitation; or
 - (vi)** Seizure activity.

VII. Return to Activity

- (A) Before a player suspected of suffering a concussion or traumatic head injury may be allowed to participate in any SKYLL organized event, the player's parent or legal guardian shall provide a written release from a qualified healthcare provider stating that the player is symptom free and medically cleared to resume participation in SKYLL organized activities.
- (B) It shall be the head coach's responsibility to ensure that the release is filed in a timely manner with SKYLL.