

CONCUSSION PROTOCOLS

NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

WHEN IN DOUBT, SIT THEM OUT!

When you suspect that a player has a concussion, follow the “Heads Up” 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure the athlete is evaluated by an appropriate health-care professional.
(RED FLAGS: If any red flag present, the athlete should go to the emergency department)
3. Inform the athlete’s parents/guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury, and until an appropriate health-care professional says the athlete is symptom-free and gives the okay to return to activity.

Signs Observed by Coaching Staff - **RED FLAGS

- **Loss of consciousness (even if brief)
- **Seizure
- **Increasing sleepiness
- **Worsening headache
- **Persistent vomiting
- Dazed or stunned appearance
- Confusion about assignment or position
- Forgetful, for example, doesn’t follow instructions
- Uncertainty of game, score or opponent
- Clumsy movements
- Slow response to questions
- Mood, behavior or personality changes
- Inability to recall events prior to hit or fall
- Inability to recall events after hit or fall