



LJSL's Concussion Protocol

Here's our full protocol, we will add this to the league website:

1. Suspect a Concussion If Player Has:

- Dazed, confused, or forgetful
- Clumsy movement or slow to get up
- Headache, dizziness, or nausea
- Blurred vision, sensitivity to light/noise
- Trouble concentrating or answering questions
- Any loss of consciousness

When in doubt, sit them out.

2. Immediate Action

- Remove player from play immediately
- Do **NOT** allow return same day
- Call 911 if:
 - Loss of consciousness (even brief)
 - Repeated vomiting
 - Seizure
 - Slurred speech or worsening headache
 - Unequal pupils / unusual behavior

3. Notify

- Inform parent/guardian right away
- Provide info on concussion signs to monitor at home
- Recommend medical evaluation ASAP

4. Return-to-Play Steps (only after medical clearance)

Each step = 24 hrs symptom-free before moving on.

1. Light activity (walk, bike)
2. Running drills, no contact
3. Non-contact practice, more intensity
4. Full contact practice (with clearance)
5. Return to games

If symptoms return → stop, rest 24 hrs, go back one step.