



CONCUSSION PROTOCOLS



Concussion Basics

- A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth.
- The effects of a concussion can be serious.
- A child with a concussion needs to be seen by a health care provider.
- For more detailed facts on concussions and keeping kids safe, visit [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

Concussion Signs and Symptoms

Concussion symptoms are part of the normal healing process and differ for each person. They may change during recovery and are most severe right after the injury (usually 1 to 2 days after). Signs and symptoms may not show right away—they could take hours or days to appear or be noticed. Spotting a possible concussion may be harder in young children and some children with disabilities because they may not be able to communicate or express how they feel.

SYMPTOMS REPORTED BY CHILD

- Headache or “pressure” in the head
- Nausea or vomiting (early on)
- Dizziness or balance problems
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Attention or concentration problems
- Problems with short- or long-term memory
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about location, assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall

WPSLL Concussion Protocols

CONCUSSION AWARENESS

- Connecticut General Statutes 21a-432 requires WPSLL to make specific concussion awareness information available upon registration.
- During the pre-season parents meeting and coaches clinic, concussion awareness information will be provided and posted on the league's website.
- All coaches are encouraged to review [A Fact Sheet for Coaches](#) and complete concussion training



CONCUSSION ACTION PLAN

1. Remove the child from play.
2. Inform the child's parent/guardian about the possibility of concussion and refer them to CDC Heads Up: [Fact Sheet for Parents](#) or [Hoja informativa para los deportistas y sus padres acerca de las conmociones cerebrales](#)
3. Ensure that the child is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional.
5. Complete an [Incident/Injury Tracking Report](#).