

# TYBA CONCUSSION POLICY

## Don't Play with these SIGNS & SYMPTOMS

### Signs observed by Coach

Player appears Dazed or Stunned  
Moves Clumsily & Acts Confused  
Answers Questions Slowly  
Loses Consciousness (even briefly)  
Shows Behavior or Personality Changes  
Can't recall events prior to hit or fall /Feeling Sluggish & Showing Confusion  
Can't recall events after hit or fall

### Symptoms Reported by Athlete

Nausea or Vomiting  
Balance problems or dizziness  
Headache or "Pressure" in head  
Double or Blurry Vision  
Sensitivity to Light & Noise  
Concentration or Memory Problems

### ITS BETTER TO MISS ONE GAME THAN THE WHOLE SEASON

### DO THIS ACTION PLAN IMMEDIATELY!!!!!!!

If you suspect that a player has a concussion, you should take the following steps  
IMMEDIATELY:

1. **REMOVE ATHLETE FROM PLAY. DON'T HESITATE OR SECOND GUESS.**
2. Ensure Athlete is evaluated by appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform Athlete's Parents or Guardians about the known or possible concussion & give them all the facts of your observation or player and their injury.
4. Allow Athlete to return to play **ONLY** with a written Doctor's note from an appropriate health care professional.

**COACHES: Use caution to ALL signs of Concussions, for this player could be your child.**

[www.cdc.gov/concussioninyouthsports](http://www.cdc.gov/concussioninyouthsports).