



# Cal North Concussion Protocol



## CONCUSSION IN YOUTH SPORTS



A Fact Sheet for **ATHLETES**

### CONCUSSION FACTS

A concussion is a brain injury that affects how your brain works.

- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

### CONCUSSION SIGNS AND SYMPTOMS

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **DON'T HIDE IT. REPORT IT.** Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.
- **GET CHECKED OUT.** Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.
- **TAKE CARE OF YOUR BRAIN.** A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

### HOW CAN I HELP PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

By signing below I acknowledge that I have reviewed the information contained within this document.

Athlete Full Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*It's better to miss one game than the whole season.*

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

# **CAL NORTH CONCUSSION/HEAD INJURY PROTOCOL**

Referees are to follow the below procedure regarding possible concussion/head injury to players until given further directions/guidelines:

1. If the Referee has a situation where a player or players have had a collision (with players or with the ground or with a hard object such as a goal post, etc.) and that player or players displays any of the symptoms listed under the concussion protocol (under [www.calnorth.org](http://www.calnorth.org) under Concussion Protocol), the Referee is to ask that the player(s) leave the field and ask the coach to make sure that that player(s) does not return to play during that match. The Referee is not to make any kind of medical prognosis.
2. The Referee will pull that player's) pass from the team's passes.
3. The Referee is to mail the pass(s) to the address immediately listed below. Mail the Player Pass(s) along with a note indicating that the player(s) was/were asked to leave the field for a possible head injury.

Cal North Soccer  
1040 Serpentine Lane, Suite 201  
Pleasanton, CA 94566

4. After the game is concluded, the Referee must write/report on the team roster and/or online game reporting protocol, including the name of the player(s) sent off for possible head injury, the number of the player(s), the team name of the player(s), and the minute of the match that the Referee asked the player(s) to leave, and clearly stating that the player(s) were sent off for possible head injury.