

## NFHS CONCUSSION GUIDELINES (all sports)

Any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional.

Signs and symptoms of a concussion may include:

- Confusion
- Amnesia
- Headache
- Dizziness
- Ringing in the ears
- Nausea or vomiting
- Slurred speech
- Fatigue

Some symptoms of concussions are not apparent until hours or days later. They include:

- Memory or concentration problems
- Sensitivity to light and noise
- Sleep disturbances
- Irritability
- Depression

For LHSAA, appropriate health care professionals are:

- MD licensed to practice in LA
- DO (orthopedic) licensed to practice in LA
- PA (physician assistant) licensed to practice in LA
- NP (nurse practitioner) licensed to practice in LA
- Paramedic licensed to practice in LA (NOT EMT – by law EMT cannot diagnose concussion)
- Certified athletic trainer (either nationally, or by LA)

Referees have been instructed in their pregame meetings with HEAD coaches to get the NAMES of anyone that teams may have on the sideline that are appropriate health care professionals. If there are NO appropriate health care professional to clear athlete that has been sent out of a game by an official for displaying a SYMPTOM of a concussion, then the decision for the athlete to return rests with the HEAD COACH. However, HEAD COACHES have been instructed that when in doubt, do not have the athlete participate. If athlete is diagnosed with concussion by appropriate health care professional, then only the MD and OD can clear athlete to return.

Furthermore, no documentation is needed for athlete to return. Officials are to assume that if an athlete returns, said athlete has been cleared by an appropriate health care professional. However, if officials observe same athlete exhibiting same or other symptoms of a concussion, officials are to send athlete out of the game again.