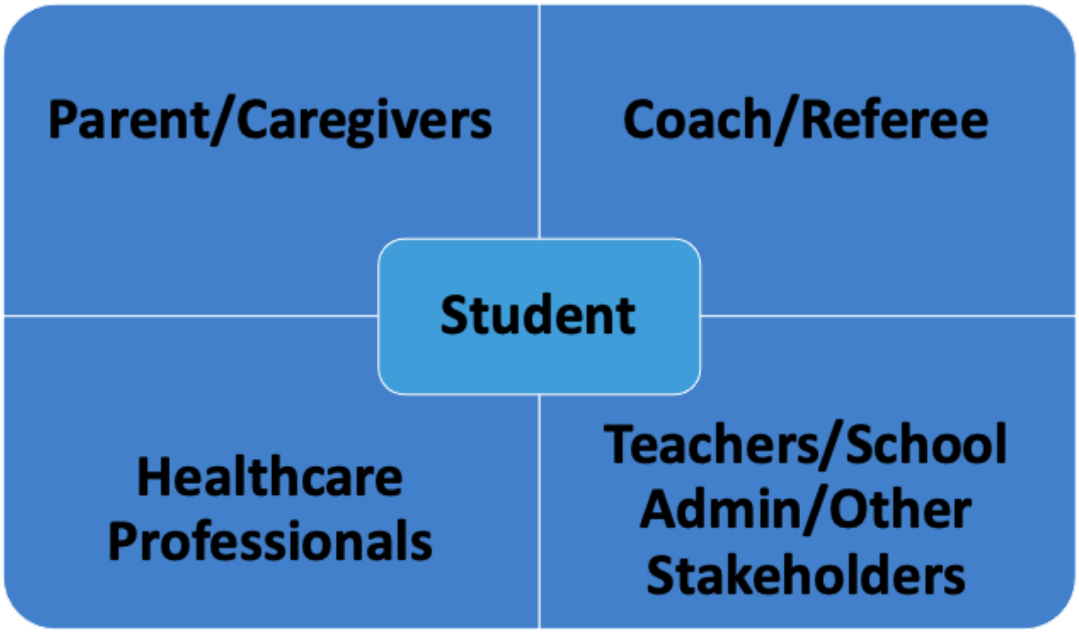
Concussion Management Plan

OVERVIEW

Youth athletes dealing with the effects of a concussion are best served with a coordinated effort that includes the athlete, parents/guardians, coach/referee, healthcare professional(s), and other appropriate stakeholders. An effective protocol and good communication are two key components to ensure that each athlete in your organization receives optimal support during recovery from a concussion.

THE TEAM



Best practice recommends that all youth sports organizations build a protocol and assemble a concussion management team in advance to effectively deal with concussion when it happens. The best protocols are built with all appropriate stakeholders at the table. A protocol can be extensive or simple, but all protocols need to create clear procedures and appoint specific individuals to carry out the protocol plan from the moment a suspected concussion occurs to the day the athlete is safely returned to activity.

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THE PROTOCOL SHOULD ENSURE THE FOLLOWING

- Designate individuals to mobilize the plan immediately when a concussion is suspected; establish and maintain channels of communication with appropriate stakeholders; and see the plan through until the athlete is safely returned to activity.

- Appropriate emergency healthcare professionals are designated and available.

- Parents/guardians are notified and given information at the time of suspected concussion and throughout the return-to-academics and return-to-play processes.

- Healthcare professionals, parents, coaches, referees, and other stakeholders work together on a return-to-activity plan that includes symptom monitoring and lines of clear, ongoing communication.

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