



FLX Wildcards Girls Youth Lacrosse

Concussion Action Plan and Protocol

This Concussion Action Plan provides step-by-step guidance for recognizing, responding to, and managing suspected concussions in players. All coaches, parents, and volunteers are expected to follow this protocol to ensure the safety and well-being of every athlete.

1. Remove the Athlete from Play

Immediately remove the athlete from all physical activity if a concussion is suspected. Do not allow the player to return to the same game or practice. When in doubt, sit them out.

2. Assess and Observe

Perform a quick on-field assessment for symptoms such as dizziness, confusion, headache, vision changes, or imbalance. Ask simple questions (e.g., 'What field are we on?' or 'What team are we playing?'). Monitor for delayed symptoms.

3. Contact Emergency Services if Necessary

Call 911 immediately if the athlete experiences any of the following: loss of consciousness, repeated vomiting, one pupil larger than the other, seizures, slurred speech, or worsening headache.

4. Notify Parent/Guardian

Inform the athlete's parent or guardian as soon as possible. Provide a description of the incident, symptoms, and any actions taken. Recommend immediate medical evaluation by a licensed healthcare provider experienced in concussion management.

5. Document the Incident

Complete a Concussion Incident Report Form within 24 hours. Record all observations, reported symptoms, and decisions made during and after the event.

6. Require Medical Clearance

Athletes may not return to play or practice until they have received written clearance from a licensed healthcare professional. They must be symptom-free and complete a gradual return-to-play protocol.

7. Gradual Return-to-Play Steps

Once medically cleared, follow the stepwise progression:

- Light aerobic exercise (walking, light jogging)
- Moderate activity (running drills, no contact)
- Non-contact practice
- Full-contact practice (coach approval)
- Return to game play

If symptoms return, stop activity and rest for 24 hours before returning to the previous stage.

8. Ongoing Monitoring

Continue to monitor the athlete for several days after return to play. Some symptoms may reappear later, especially after physical or mental exertion.

Emergency Contacts

Program Director:	_____
Head Coach:	_____
Assistant Coach:	_____
Parent/Guardian Contact:	_____
Emergency Medical Services:	911

Coach Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____