



Concussion Policy

If your son or daughter has been diagnosed with a potential concussion it's important to understand the law. Under the Nebraska Concussion Awareness Act they are not able to return to any activity unless cleared medically. The decision does not rest with the coach, the club or the parents. The player **MUST** be cleared medically before returning to play and there are no exceptions to this rule.

<http://dhhs.ne.gov/Pages/Concussion.aspx>

Concussion Awareness Act

The Concussion Awareness Act became law in Nebraska on July 1, 2012. It requires that all public, private and parochial schools, as well as all organized youth sports sponsored by villages, cities, businesses, or non-profit organizations for children ages 19 and under, make available approved concussion training. The law has three requirements:

Education: All coaches, youth athletes, and their parents or guardian must be provided with education about the risks and symptoms of concussion and how to seek proper medical attention.

Removal from Play: Under any reasonable suspicion of concussion, coaches will remove youth athletes from play.

Return to Play: Youth athletes will not be allowed to return to play including games, scrimmages, and practices of any kind, until written approval from an appropriate licensed healthcare professional AND the youth's parent or guardian are obtained. Licensed healthcare professional may be a physician, physician's assistant, nurse practitioner nurse, athletic trainer, neuropsychologist, or any licensed healthcare worker in Nebraska who is specifically trained in pediatric traumatic brain injury.

The law was amended, effective July 18, 2014, to include a return-to-learn provision. The return-to-learn protocol recognizes that students who have sustained a concussion and returned to school may need informal or formal accommodations, modifications of curriculum, and monitoring by medical or academic staff until the student is fully recovered. It requires schools to establish a return-to-learn protocol.

What is a Concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.



How Can I Recognize a Possible Concussion?

To help recognize a concussion, you should watch for the following two things among your athletes:

- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.
AND
- Any change in the athlete's behavior, thinking, or physical functioning.

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

Signs Observed by Coaching Staff

Appears dazed or stunned

Is confused about assignment or position

Forgets an instruction

Is unsure of game, score, or opponent

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows mood, behavior, or personality changes

Can't recall events after hit or fall Headache or "pressure" in head

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy, foggy, or groggy

Concentration or memory problems

Confusion

Can't recall events prior to hit or fall

Does not "feel right" or is "feeling down"

**** Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.****