



## **Head Injury Guidelines and Injury Reporting Procedures**

### **General Information:**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention immediately.

### **Did a Head Injury Occur?**

Evaluate player and note if following head injury symptoms are present:

- Dazed or confused look about what happened
- Memory difficulties
- Neck pain, headaches, nausea, vomiting, double or blurred vision, ringing noise or sensitivity to sounds.
- Short attention span or cannot keep focus.
- Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
- Abnormal physical and/or mental behavior
- Coordination skills are impaired, ex. balancing, dizziness, clumsiness, reaction time.

**CONTACT DOCTOR IMMEDIATELY IF SYMPTOMS ARE PRESENT**

If possible concussion occurred but no emergency treatment is needed, PARENT should focus on the following areas every 5-10 minutes for the next 1-2 hours without the player returning to any activity:

- Balance
- Speech
- Memory
- Attention to topic/details

**PLAYER SHOULD NOT RE-ENTER GAME, TRAINING, OR PARTAKE IN ANY ACTIVITIES FOR AT LEAST 24 HOURS EVEN IF NO SYMPTOMS ARE PRESENT AFTER 15-20 MINUTES.**

**If there is a possibility of a concussion or injury complete Continental FC Incident Report as follows:**

- Team official should complete and sign Incident Report form.
- If able to do so, player should sign and date form. If player is not able, please note “unavailable” on form.
- If parent/guardian is present, have parent/guardian sign and date form.
- If parent/guardian is not present, a team official is responsible for notifying a parent/guardian ASAP by phone, text or email and then for forwarding form for their signature. The team official should note on the Incident Report how notification was made.
- The original form should be sent to the Club Administrator for follow up.
- A physician’s note must be provided to the Club Administrator prior to the player resuming any team activity.

**ANY PLAYER DETERMINED TO HAVE A CONCUSSION OR OTHER SIGNIFICANT INJURY REQUIRING TREATMENT BY A PHYSICIAN CANNOT RESUME PLAY WITHOUT A NOTE OF AUTHORIZATION.**