



## NEIGHBORHOOD SPORTS

Concussion Management & Return-to-Play Protocol

## **Purpose**

This policy establishes procedures for identifying, removing, evaluating, and safely returning participants suspected of concussion.

## **Definition**

A concussion is a brain injury caused by a bump, blow, or jolt to the head or body. It may occur without loss of consciousness.

## **Signs & Symptoms**

- Headache, dizziness, nausea
- Confusion or memory issues
- Blurred vision or sensitivity to light
- Irritability or unusual behavior
- Appears dazed or moves clumsily

## **Immediate Removal**

- Remove from play immediately
- No same-day return
- Coaches/officials enforce removal

## **Medical Clearance**

Players must be evaluated by a licensed healthcare provider and cleared in writing before returning.

## **Return-to-Play Steps**

- Light activity (24 hrs symptom-free)
- Light aerobic activity
- Sport-specific drills (no contact)
- Non-contact practice
- Full return

## **Responsibilities**

- Parents monitor recovery
- Coaches enforce safety
- League may restrict participation

## **Policy Statement**

Neighborhood Sports follows a 'When in doubt, sit them out' philosophy.