



Meadowbrook Makos Swim Team

## Consensus Statement on Concussions

**1.0 Purpose:** The Meadowbrook Makos is responsible for ensuring its coaches, members and swimmers are aware of the growing concern regarding concussion management. The purpose of this document is to identify and clarify our approach to those individuals where a concern for possible concussion may exist and to allow guidance for return to sporting practice and competition.

**2.0 Guidelines:** Any athlete suspected of sustaining a concussion should be removed immediately and should not return until evaluated and cleared by a licensed health care professional, trained and experienced in evaluating and management of concussions, acting within scope of practice. Clearance will be provided to Head coach or their designee, prior to returning to team activities.

**3.0 Application of the Guidelines:** Coaches and parents are responsible for compliance with state laws regarding concussion management and education. All of these guidelines are designed to protect an athlete, who is suspected of sustaining a concussion or head injury during an event, from returning to practice or competition until they are evaluated and cleared by a licensed health care professional trained in the evaluation and management of concussions, acting within the scope of his or her practice.

**4.0 Objectives:** The primary goal of this Guideline is to reduce the risk of harm to athletes and to educate coaches, parents and swimmers on the importance of concussion management.

**5.0 What is a Concussion?** The Centers for Disease Control and Prevention (CDC) define concussion as “a type of traumatic brain injury (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. The Zurich Conference on Concussion in Sport also states that concussion typically results in the rapid onset of short– lived impairment of neurological function that resolves spontaneously. However, symptoms and signs may evolve over a number of minutes to hours or in some cases may be even more prolonged.

**6.0 Signs and Symptoms of Concussions:** Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. In general terms, any symptoms that last less than 30 minutes and do not recur, are considered minor, and an athlete may return to practice at the discretion of the coaching staff and parents in 24 hours. Ignoring signs or symptoms can put an athlete’s health at risk!

### **Signs Observed by Coaches, Officials, Parents or Guardians**

- Appears dazed, stunned or confused**
- Unsure about event, location, or name of meet**
- Forgets an instruction or assignment**
- Moves clumsily**
- Answers questions slowly**
- Loses consciousness (even briefly)**
- Shows mood, behavior or personality changes - irritability, sadness, nervousness, emotional**
- Can’t recall events before or after incident**
- Symptoms Reported by Athlete**
- Any headache or “pressure” in head - how badly it hurts does not matter**
- Nausea or vomiting**
- Balance problems or dizziness**
- Double or blurry vision**
- Sensitivity to light and/or noise**
- Feeling sluggish, hazy, foggy or groggy**
- Concentration or memory problems**
- Confusion**
- Does not “feel right”**
- Trouble falling asleep**