



Concussion Protocol

As a coach, if you think an athlete may have a concussion or other head injury, you should:

1. **Immediately remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until evaluated by a licensed healthcare provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion. The athlete may only return to athletic activity when the athlete receives written clearance to do so from a licensed health care provider.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. If the athlete is 17 years-old or younger, **inform the athlete's parent(s) or guardian(s)** about the possible concussion. Notify the parent(s) or guardians(s) of the time and date of the injury, the symptoms observed, and any treatment provided to the athlete for the injury.
5. **Facilitate a graduated return-to-play protocol for the injured athlete.** If a licensed health care provider determines the athlete sustained a concussion or other head injury, the athlete will complete a graduated return-to-play protocol. The return-to-play protocol will last at least seven days and will be under the licensed health care provider's supervision. Ask for written instructions from the athlete's health care provider about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - Be back to doing their regular school activities.
 - Not have any symptoms from the injury when doing normal activities.
 - Have the green-light from their health care provider to begin the return to play process.

This concussion and head-injury protocol is consistent with the requirements found in California's Assembly Bill No. 2007.