

## **PTYCA Concussion Guidelines**

Any Peters Township Youth Cheerleader who exhibits signs or symptoms of a concussion or traumatic brain injury while participating in activities associated with cheerleading, shall be immediately removed by a Coach or other medical professional. The cheerleader should not be allowed to return to participation the same day of the incident.

### **Signs and Symptoms of a Concussion**

Signs and symptoms of a concussion may include, but are not limited to:

- Headache
- Nausea
- Balance problems and dizziness
- Blurred vision
- Sensitivity to bright lights or loud noises
- Feeling “sluggish” or “foggy”
- Altered sleep patterns
- Difficulty concentrating
- Problems with memory

### **Return to Participation**

A cheerleader will be allowed to return to participation once cleared by a licensed medical professional. Parents of cheerleader will provide written documentation from the appropriate licensed medical professional that approves the cheerleader to return to participation.