



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF/PARENTS

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall

HAVE PLAYER EVALUATED BY A MEDICAL PROFESSIONAL

Seek medical attention right away. You should call your child’s physician and explain what has happened and follow your physician’s instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department. For more specialized treatment, we recommend seeing a neurologist.

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POP WARNER RETURN TO PLAY POLICY:

A participant who is suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from practice, play or competition at that time based on evaluation and determination by the Head Coach. However, if an official licensed athletic trainer or other official qualified medical professional is on site and available to render such evaluation, that person shall always have final authority as to removal or return to play of the participant.

When an official licensed athletic trainer or other official qualified medical professional is not present, and a parent or guardian of the injured player is serving as head coach, the final authority on removal of a participant shall rest with the league president, association president or the top ranking assistant head coach; whomever is present and highest in the Pop Warner chain of command.

Any Pop Warner participant who has been removed from practice, play or competition due to a head injury or suspected concussion may not return to Pop Warner activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives a **HEALTHCARE PROVIDER RELEASE CONCUSSION RETURN TO PLAY PROTOCOL form from that licensed practitioner.** Please get a copy of this form from your head coach or team manager. Pop Warner recommends that all decisions be made in the best interest of the children and that **when any doubt exists as to the health of the participants, they sit out.**

INSURANCE CLAIMS / ASSISTANCE

As part of the registration fee, participants have *secondary* medical insurance coverage. The first step to initiating a claim is to complete an ASCPW Injury Report form **at the time of the incident/injury.** Please make sure your head coach and/or team manager complete the form. After that form is on file with the League office you may contact the office manager, Michelle, for the insurance claim forms.

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