



## **Carrollton Concussion Protocol**

### Concussion Definition

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

### Concussion Symptoms

Symptoms may include (but are not limited to) headache, confusion, lack of coordination, memory loss, nausea, vomiting, dizziness, ringing in the ears, sleepiness, and excessive fatigue.

### What to do if a Concussion is suspected?

The participant will be removed from the athletic game/practice immediately. The participant will be evaluated by a health care professional. The participant will not be allowed to return to practice/play until proper medical clearance (by a Physician) and all return to play guidelines have been followed. The permission to return to play will come from the appropriate health care professional. Parents should inform their child's coach if a concussion is suspected.

### Return to Play

The City of Carrollton return to play protocol follows a stepwise process with the participants meeting all the following criteria:

1. Participant is symptom free at rest and with cognitive exertion.
2. Written Clearance for Progression to Activity by a Licensed Physician
3. Successful Completion of CDC 6-Step Return to Play Progression
  - a. [https://www.cdc.gov/headsup/basics/return\\_to\\_sports.html](https://www.cdc.gov/headsup/basics/return_to_sports.html)