



Concussion

For any player suffering a concussion during a match, the team coach/ manager/contact, together with medical staff assistance, must make an assessment of the players' condition and their ability to continue the game. The following guidelines should be followed in relation to the severity of the concussion, and the players' ability to continue play:

Mild

First Concussion - May return to play if asymptomatic.

Second Concussion - Return to play in two (2) weeks, if asymptomatic at that time for one week.

Third Concussion - Terminate season. May return to play next season if asymptomatic.

Moderate

First Concussion - Return to play other than asymptomatic for one week

Second Concussion - Minimum of one (1) month rest. May return to play if has been asymptomatic for one (1) week; consider terminating season.

Third Concussion - Terminate season. May return to play next season if asymptomatic.

Severe

First Concussion - Minimum of one (1) month rest. May return to play if has been asymptomatic for one week.

Second Concussion - Terminate season. May return to play next season if asymptomatic.

Third Concussion - Terminate season. May return to play next season if asymptomatic.

NOTE: Asymptomatic is defined as showing no signs of or re-occurrences of headaches, dizziness, impaired vision or orientation, concentration or memory during rest or exercise.

