



COACHES GUIDELINES FOR MANAGEMENT OF ACUTE CONCUSSIONS

Criteria for immediate transport via ambulance from the field

- ANY loss of consciousness
- Lucid interval
- Deteriorating signs and symptoms
- Pain along the cervical spine
- Athlete reports burning, numbness, or tingling
- Athlete or coach apprehension
- Coach is unable to properly monitor the athlete on the sideline

If none of the above signs and symptoms is present, consider bringing the athlete to the sideline for on-going monitoring.

If it is not possible to conduct proper sideline monitoring, the coach should review a head injury warning sheet with the athlete and his/her parents and release the player to the care of the parents to ensure that proper monitoring continues.

If parents are not available and the coach is unable to provide proper on-going sideline monitoring, the athlete should be transported to the ER via ambulance.

Guidelines for acute sideline monitoring

- Immediately administer the signs and symptom checklist
- Re-administer signs and symptoms checklist every 10min for the first 30min, then every 20min thereafter until released to parents/guardian. Carefully monitor for
 - lucid interval
 - deteriorating signs and symptoms

If lucid interval or deteriorating signs and symptoms observed, immediately transport the athlete to the ER via ambulance

If immediate transport is not indicated:

- Ensure that the athlete is always in the presence of an adult who is monitoring for signs and symptoms indicating the need to transport the athlete to the ER.
- The coach should contact parents/guardians as soon as possible to alert them of the athlete's status.
- The coach should sit with the athlete on the bus for the entire ride home.
- Upon returning home the coach should review a head injury warning sheet with the athlete's parents/guardian.
- The coach should immediately complete and file an accident report, including signs and symptoms checklist.

