

Concussion: Emergency Guidelines

The following situations indicate a medical emergency and require that a student be transported immediately to the nearest emergency room via ambulance (call 911, if available in your area):

Emergency Situations - CALL 911

- An athlete who loses consciousness for any duration
- An athlete who has symptoms of a concussion and is not stable (i.e., condition is changing or deteriorating)
- An athlete who exhibits any of the following symptoms:
 - deterioration of neurological function
 - decreasing level of consciousness
 - decrease or irregularity in respirations
 - any signs or symptoms of associated injuries such as spine or skull fracture or bleeding
 - mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation
 - seizure activity

Accompany the athlete to the emergency room, if needed, and remain with the athlete until a parent arrives.

The ATC or coach is responsible for informing the parents of the injury and letting them know if the athlete was transported by emergency vehicle or needs to be picked up.

Non-Emergency Guidelines

Never allow an athlete with a suspected concussion to drive home!

- Remove the athlete from play and monitor symptoms.
- Notify the athlete's parents and offer information as mandated by your concussion management plan.
- Notify Concussion Management Team Communication Coordinator.

If parents cannot be reached, and the athlete is able to be sent home:

- Make sure the athlete is with a responsible adult who can monitor the athlete and understand any home care instructions.
- Keep trying to reach a parent.

If parents cannot be reached and there is no responsible adult able to monitor the athlete, the ATC or coach will remain with the athlete until a parent or responsible adult arrives.

- An athlete who is symptomatic but stable may be transported by his or her parents. The parents should be advised to contact the athlete's primary care provider or seek care at the nearest emergency department or urgent care facility on the day of the injury.
- ALWAYS give parents the option of emergency transportation, even if you don't feel it is necessary.

Referring When Away from Home

Athletic trainers and coaches should seek assistance from the host site ATC or team medical provider, if available, at an away contest.