



SKYLANDS KINGS HOCKEY CLUB

2675 STATE HWY 23, STOCKHOLM, NJ 07460
P. 973.697.1600 | F. 972.208.9411

CONCUSSION MANAGEMENT POLICY

“When in doubt, sit them out”

The standard of care for current medical practice and the law in many states requires that **any athlete with a suspected concussion is immediately removed from play.**

- A concussion is a traumatic brain injury- there is no such thing as a minor brain injury.
- A player does not have to be “knocked-out” to have a concussion- less than 10% of players actually lose consciousness.
- A concussion can result from a blow to head, neck or body.
- Concussions often occur to players who don’t have or just released the puck, from open-ice hits, unanticipated hits and illegal collisions.
- The youth hockey player’s brain is more susceptible to concussion.
- In addition, the concussion in a young athlete may be harder to diagnosis, takes longer to recover, is more likely to have a recurrence and be associated with serious long-term effects.
- Treatment is individualized and it is impossible to predict when the athlete will be allowed to return to play- there is no timetable.

A player with any symptoms or signs; disorientation; impaired memory, concentration, balance or recall has a concussion.

Remember these steps:

- Remove immediately from play (training, practice or game)
- Inform the player’s parents
- Refer the athlete and family to a qualified health-care professional
- Treatment begins with complete physical and cognitive rest
- When free of symptoms, the athlete shall begin a graded exertion protocol.
- Medical clearance is required for return to play



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Diagnosis

Players, coaches, parents and health care providers should be able to recognize the following symptoms and signs of a concussion:

SYMPTOMS

Nausea
Poor balance
Dizziness
Double vision
Blurred vision
Poor concentration
Impaired memory
Light Sensitivity
Noise Sensitivity
Sluggish
Foggy
Groggy
Confusion

SIGNS

Appears dazed or stunned
Confused about assignment
Moves clumsily
Answers slowly
Behavior or personality changes
Unsure of score or opponent
Can't recall events after the injury
Can't recall events before the injury

Management Protocol

(To be completed by coaches or by qualified on site medical professionals)

1. If the player is unresponsive- call for help & dial 911

2. If the athlete is not breathing: qualified/certified person start CPR

- DO NOT** move the athlete
- DO NOT** remove the helmet
- DO NOT** rush the evaluation

3. Assume a neck injury until proven otherwise

DO NOT have the athlete sit up or skate off until you have determined:

- no neck pain
- no pain, numbness or tingling
- no midline neck tenderness
- normal muscle strength
- normal sensation to light touch

4. If the athlete is conscious & responsive without symptoms or signs of a neck injury...

- help the player off the ice to the locker room
- perform an evaluation
- **DO NOT** leave them alone



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5. Evaluate the player in the locker room:

- Ask about concussion symptoms (How do you feel?)
- Examine for signs
- Verify orientation (What day is it?, What is the score?, Who are we playing?)
- Check immediate memory (Repeat a list of 5 words)
- Test concentration (List the months in reverse order)
- Test balance (have the players stand on both legs, one leg and one foot in front of the other with their eyes closed for 20 seconds)
- Check delayed recall (repeat the previous 5 words after 5-10 minutes)

6. A player with any symptoms or signs, disorientation, impaired memory, concentration, balance or recall has a concussion.

“When in doubt, sit them out”

- Remove immediately from play (training, practice or game)
- Inform the player’s parents
- Refer the athlete to a qualified health-care professional
- Medical clearance is required for return to play

7. If any of the signs or symptoms listed below develop or worsen: go to the hospital emergency department or dial 911.

Severe throbbing headache	Slurred speech
Dizziness or loss of coordination	Convulsions or tremors
Memory loss or confusion	Sleepiness or grogginess
Ringing in the ears (tinnitus)	Clear fluid running from the nose and/or ears
Blurred or double vision	Numbness or paralysis (partial or complete)
Unequal pupil size	Difficulty in being aroused
No pupil reaction to light	
Nausea and/or vomiting	

8. An athlete who is symptomatic after a concussion requires complete physical and cognitive rest.

- A concussed athlete should not participate in any physical activity, return to school, play video games or text message if he or she is having symptoms at rest.
- Concussion symptoms & signs evolve over time- the severity of the injury and estimated time to return to play are unpredictable.