TCYFL

2026

What to do in the event of a suspected concussion

Assess the athlete's symptoms to determine if he/she should be transported for emergency management/treatment

→ Remove the athlete from play and closely assess and monitor symptoms

→ Athlete may re-enter contest only if he/she is exhibiting none of the concussion signs or symptoms. If you have any suspicion that the athlete has a concussion, they may not re-enter the game.

→ Communicate the athlete's status with the athlete and his/her coach and parent/guardian. If Removed from play, notify of Return to Play (RTP) Protocol

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If Player is Removed from play it is required that the athlete is seen by a qualified health care professional/physician for assessment and a **definitive diagnosis of concussion.** If applicable, ensure the health care professional is aware if the athlete has completed a SWAY Medical baseline assessment as an option to retest against the baseline results.

← Post-concussion continued observation and determination and appropriate healthcare provider follow-up as required

← Allow the athlete to return to play only with written permission from a health care professional and following completion of an incremental staged return to play process (see below). A copy of the written release to play must be send via email to Dave Jacobs @ jacobsdave@comcast.net

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RETURN TO PLAY CRITERIA

Each step should be separated by at least 24hrs. of symptom reoccurrence.

If reoccurrence of any of the signs or symptoms of concussion happen at any step, the athlete drops back to the previous step.

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No physical activity: rest until athlete is asymptomatic → Light aerobic exercise → Sport Specific Training → Non-contact drills → Full contact drills (pending assessment and scores) → Return to play