

Hudsonville Youth Lacrosse Head Injury Policy

Lacrosse is not inherently more dangerous than other contact sports such as football or hockey.

Hudsonville Area Lacrosse Association will take every precaution and be very conservative in allowing a player who has received a severe blow to the head during practice or games to continue to play.

As a policy, if a player exhibits the symptoms on the next page after receiving a blow to the head, he shall not be allowed to continue to play until he is evaluated and cleared by a qualified medical professional.

If a parent asks that the player return to the game, and a coach or administrator sees evidence of what may be a concussion, the decision will be that the player will not return to play unless evaluated and cleared by a qualified medical professional.

As parents and players, please be honest about concussion symptoms your player may be experiencing after the game. Recent and ongoing research shows that concussions are a bigger problem than we all thought 'when we were kids'. A concussion needs time to heal. If a second or third concussion occurs before the first one is healed, serious brain damage or even death may occur.

Common Symptoms of Concussion

1. Headache
2. Fogginess
3. Difficulty concentrating
4. Easily confused
5. Slowed thought process
6. Difficulty with memory
7. Nausea
8. Lack of energy, excessive tiredness
9. Dizziness or poor balance
10. Blurred vision
11. Sensitivity to light and sounds
12. Mood changes, irritable, anxious or tearful