



Concussion Policy

Per industry standards, rules, and regulations, players suspected of suffering a concussion in a practice, scrimmage, or game should be removed from play immediately for assessment and are prohibited from returning to play that day (General Rule: “When in doubt – sit them out.”)

The coach must promptly (within 12 hours) notify LA Bulls leadership and the player’s parents via email of any suspected head injury. The email should include as much information as possible about what happened and what was observed. The player may return to athletic activity only when a licensed healthcare provider has provided written clearance, which may be emailed to the club.

Coaches must also adhere to any league rules about reporting head injuries.

Coaches are expected to complete the CDC’s “Heads Up” Online Concussion Training for Coaches

Important Information: Head Injury Protocol and Safety

Understanding Head Injuries

Head injuries, including concussions, are serious and require immediate attention. A concussion is a type of traumatic brain injury caused by a blow to the head or body that can change the way the brain normally works. Even a seemingly minor impact can lead to significant effects.

Next Steps:

- 1. Immediate Medical Evaluation:** It’s crucial that your child is seen by a healthcare professional as soon as possible. A doctor can assess the severity of the injury and determine the appropriate care.
- 2. Follow-Up Care:** Follow the doctor’s recommendations for follow-up appointments and care. Gradual return to activities, including school and sports, should be guided by medical advice.
- 3. Communication with the Team:** Keep the coach and team informed about your child’s condition and progress. They need to be aware of the situation to ensure your child’s safety during their recovery.

Returning to Play: Your child must be cleared by a healthcare professional before returning to sports. Returning too soon can increase the risk of another injury, which could have long-term effects.

The “Return-to-Play” protocol is a step-by-step process that gradually reintroduces physical activity. **After a concussion, an athlete should only return to sports practices with the approval and under the supervision of their healthcare provider.**

Safety is Our Top Priority

We prioritize the health and well-being of all our players. Your child’s safety comes first, and we are committed to supporting you through this process. Please don’t hesitate to reach out if you have any questions or need further guidance.