

## Whitworth Intramurals: Concussion Policy

### Concussion Protocol

The well-being of intramural participants is of the utmost concern to the intramural sports program. When a referee identifies a player as having signs/symptoms of a head injury, that person will be removed from intramural activities. Basic recognizable signs and symptoms of a concussion include, but are not limited to, loss of consciousness, headache, dizziness, confusion, fatigue or balance problems. A more complete list is provided below.

Once a referee has made a determination that an athlete's behavior suggests a concussion, the injured participant may not return to participation for the remainder of the day. It is strongly recommended that the participant seek medical advice at the health center immediately after the game or first thing on the following day.

As a referee, please be aware that some symptoms appear immediately but it is possible that symptoms can develop hours beyond the incident. IF YOU SUSPECT THAT A PARTICIPANT IS ACTING IRREGULARLY, REMOVE THEM FROM PARTICIPATION IMMEDIATELY. Do no harm and follow your gut instincts.

Referees must submit a written accident report to the IM student coordinator and director of U-Rec providing details of the incident immediately after their shift.

<p>Signs and symptoms of a concussion may include:</p> <ul style="list-style-type: none"><li>• Headache or a feeling of pressure in the head</li><li>• Temporary loss of consciousness</li><li>• Confusion or feeling as if in a fog</li><li>• Amnesia surrounding the traumatic event</li><li>• Dizziness or "seeing stars"</li><li>• Ringing in the ears</li><li>• Nausea</li><li>• Vomiting</li><li>• Slurred speech</li><li>• Delayed response to questions</li><li>• Appearing dazed</li><li>• Fatigue</li></ul>	<p>You may have some symptoms of concussions immediately. Others may be <u>delayed for hours or days after injury</u>, such as:</p> <ul style="list-style-type: none"><li>• Concentration and memory complaints</li><li>• Irritability and other personality changes</li><li>• Sensitivity to light and noise</li><li>• Sleep disturbances</li><li>• Psychological adjustment problems and depression</li><li>• Disorders of taste and smell</li></ul>
---	--

<p><b>Seek emergency care for an adult or child who experiences a head injury and symptoms such as:</b></p> <ul style="list-style-type: none"><li>• Repeated vomiting</li><li>• A loss of consciousness lasting longer than 30 seconds</li><li>• A headache that gets worse over time</li><li>• Changes in his or her behavior, such as irritability</li></ul>
--

## Whitworth Intramurals: Concussion Policy

- Changes in physical coordination, such as stumbling or clumsiness
- Confusion or disorientation, such as difficulty recognizing people or places
- Slurred speech or other changes in speech

Other symptoms include:

- Seizures
- Vision or eye disturbances, such as pupils that are bigger than normal (dilated pupils) or pupils of unequal sizes
- Lasting or recurrent dizziness
- Obvious difficulty with mental function or physical coordination
- Symptoms that worsen over time

Information from taken from [MayoClinic.org](https://www.mayoclinic.org)