

NMYAFL Concussion Policy



When in Doubt Sit Them Out!

NMYAFL Concussion Return to Play Protocol:

- Have at least one person who has completed USA Football's Tackle or Flag coaches' Level 1 certification course on site at every practice or game
- Immediately remove the player suspected of concussion from the game or practice
Remember: When in doubt, sit them out!
- Inform the athlete's parents or guardians of what happened to the player
- Have the player evaluated by a licensed health care professional who has experience in the diagnosis and management of concussion
- Keep the player out of practice or play until a licensed health care professional experienced in the diagnosis and management of concussion declares in writing that the player is ready to return to play.

It can take time for concussion symptoms to fully develop. It is important to observe an athlete after a suspected concussion. The most common symptoms are headache, confusion, nausea or dizziness, mood changes and a sense of lethargy or fatigue. If symptoms worsen – for example, an increasing headache or increasing nausea and vomiting – seek emergency care.