



# La Pine Sports Academy (LPSA)

## Concussion Management Policy

### Purpose

La Pine Sports Academy is committed to the safety and well-being of every athlete participating in our programs. This Concussion Management Policy establishes clear procedures for the prevention, identification, management, and safe return to play following a suspected concussion.

This policy applies to all LPSA sports programs, including but not limited to basketball, baseball, softball, soccer, volleyball, and any future programs operating under LPSA.

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## 1. Education & Training

All LPSA coaches, assistant coaches, and board members must complete concussion awareness training annually prior to participating in any team activities.

LPSA recommends the free CDC “HEADS UP” Concussion in Youth Sports training program:

<https://www.cdc.gov/headsup>

Certificates of completion must be submitted to LPSA leadership prior to the start of the season.

Parents and athletes are strongly encouraged to review concussion education materials provided by LPSA.

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## **2. Definition of a Concussion**

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes the brain to move rapidly inside the skull. A concussion can occur with or without loss of consciousness.

Common symptoms may include:

- Headache or pressure in the head
- Dizziness or balance problems
- Confusion or difficulty concentrating
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or noise
- Memory problems
- Feeling sluggish, foggy, or just not right

Any athlete exhibiting signs or symptoms of a concussion must be treated as having a suspected concussion until medically evaluated.

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## **3. Removal from Play**

If an athlete:

- Receives a blow to the head or body, AND
- Shows signs, symptoms, or behaviors consistent with a concussion

The athlete must be immediately removed from play.

When in doubt, sit them out.

An athlete removed for suspected concussion:

- May not return to practice or competition the same day.
- Must not resume any physical activity until medically evaluated.

Coaches, referees, parents, or board members may initiate removal if they observe concerning signs or symptoms.

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## **4. Medical Evaluation & Administrative Clearance Requirement**

An athlete suspected of having a concussion:

- Must be evaluated by a licensed healthcare provider trained in concussion management (physician, physician assistant, nurse practitioner, certified athletic trainer, or sport-certified physical therapist).
- Must provide written medical clearance before returning to any athletic participation.

Verbal clearance will not be accepted.

Written medical clearance must be submitted to the LPSA Board President, Matt Tarter.

In addition to medical clearance, the athlete must also receive administrative clearance from either Matt Tarter (Board President) or JJ Ascencio, prior to returning to any practice, scrimmage, conditioning session, or game activity.

Return-to-play approval is not automatic upon receipt of medical documentation. Final participation clearance rests with LPSA leadership to ensure all policy requirements and graduated return-to-play protocols have been properly followed.

No athlete may resume participation until both medical and administrative clearance have been granted.

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## **5. Graduated Return-to-Play Protocol**

After medical clearance, athletes must complete a gradual, step-wise return-to-play progression. Each stage should last at least 24 hours. If symptoms return, the athlete must stop activity and return to the previous symptom-free stage.

Typical progression:

1. Light aerobic activity (walking, stationary bike)
2. Sport-specific exercise (no contact)
3. Non-contact training drills
4. Controlled practice with limited contact (if approved)
5. Full practice
6. Return to competition

Advancement through stages must be symptom-free.

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## **6. Communication with Parents**

Parents/guardians will be notified immediately if their child is removed for a suspected concussion.

Parents are responsible for:

- Seeking medical evaluation
  - Providing written clearance
  - Monitoring symptoms at home
  - Communicating any concerns to LPSA leadership
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## **7. Compliance with Oregon Law**

LPSA operates in compliance with Oregon's youth sports concussion laws. No athlete suspected of sustaining a concussion shall return to participation until evaluated and cleared by a qualified healthcare professional and approved by LPSA leadership in accordance with this policy.

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## **8. Responsibility & Accountability**

The safety of our athletes is a shared responsibility between coaches, parents, officials, and LPSA leadership.

Failure to follow this Concussion Management Policy may result in disciplinary action, including suspension of coaching privileges or removal from participation.

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## **Commitment to Athlete Safety**

La Pine Sports Academy prioritizes athlete safety over competition. No game, practice, or tournament is more important than the long-term health of our children.

We believe in developing strong athletes — but more importantly, we believe in protecting them.