



UNITED STATES QUAD RUGBY POLICY ON CONCUSSION IN THE ATHLETE

Concussion is defined by the American Medical Society as a traumatically induced transient disturbance of brain function. It is a blow to the head or body which may result in improper brain functioning. The USQRA recognizes that concussions are a potentially serious condition which if ignored or improperly managed can lead to catastrophic and permanent consequences.

Signs and symptoms of a concussion may include, but are not limited to: headache or complaints of feeling pressure, nausea, vomiting, dizziness, blurry vision, sensitivity to light or noise, tinnitus, concentration problems, confusion, personality change, slurred speech, loss of consciousness, amnesia, or disorientation. These are only some of the symptoms... others may be present or may manifest hours or days later.

- 1) At the time of registration, the team manager or coach shall certify to the Association that he or she is familiar with this policy and has completed an approved course, whether online or in person. Further, the team manager or coach shall certify to the Association that all rostered athletes shall be informed of this policy.
- 2) Anyone who suspects that an athlete has a concussion must notify the team manager, coach, medical personnel, head official, or other person in authority at the practice, game, tournament, or other venue in which the athlete is present.
- 3) All USQRA sanctioned tournaments are required to have a health care professional on site who is trained in the evaluation and management of concussions.
- 4) Any athlete suspected of having a concussion shall be stopped from playing. The head official at any tournament shall have the authority to prohibit such player from returning to competition. That player shall be assessed by an appropriate healthcare professional, certified athletic trainer, or other health care provider trained in the evaluation and management of concussions.
- 5) A player with diagnosed concussion shall not be allowed to return to play on the day of injury.
- 6) Further, a player with diagnosed concussion shall not be allowed to return to play without written permission from an appropriate healthcare professional, certified athletic trainer, or other health care provider trained in the evaluation and management of concussions. A copy of the "return to play" authorization shall be sent to the Association's Commissioner and Secretary.