

RWC Concussion Policy

Concussion is a common consequence of trauma to the head, and can occur in a variety of sports. Among people aged 15-24 years, sports are now second only to motor vehicle accidents as the leading cause of traumatic brain injury. The majority of concussions are self-limited injuries; however catastrophic results can occur and the long-term effects of multiple concussions are unknown.

Common signs and symptoms of a concussion include:

- Headaches
- Nausea or vomiting
- Balance problems or dizziness
- Feeling foggy or groggy
- Blurred, double, or fuzzy vision
- "Don't feel right"
- Fatigue or low energy
- Behavior or personality changes
- Slurred speech
- Drowsiness
- Concentration or memory problems
- Amnesia
- Nervousness or anxiety
- Seizures or convulsions

When a student-athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete shall be immediately removed from athletic participation until a thorough sideline head injury assessment can be performed by the Certified Athletic Trainer (ATC). The sideline head injury assessment to determine the presence of a concussion will include:

- Initial Assessment by a Certified Athletic Trainer
- Sport Concussion Assessment Tool (SCAT5)

Due to the serious nature of concussions and potential dangerous results of returning to activity, concussions need to be recognized and diagnosed as soon as possible. It is required that student-athletes be truthful about injuries they have sustained to RWC staff. Athletes should inform an RWC ATC as soon as any abnormal signs or symptoms are present. If an ATC determines an athlete has a concussion, the athlete will be placed on the ****No-Play list**, and they must complete the following steps:

- See a physician within 24 hours of sustaining a concussion
- Stay in contact with the athletic trainer by reporting signs and symptoms
- Stop participation in all activities.
- Once symptom free for 24 hours, the athlete may contact an RWC athletic trainer to begin the Return to Play Protocol
- Complete the Return to Play protocol while remaining symptom free
- Obtain final clearance for return to play by a qualified physician

******When the athlete is placed on the no-play list, they will be suspended from use of the Recreation and Wellness Center, including participating in intramurals and/or club sports, until they have completed the Return to Play protocol and have received final clearance from a qualified physician. The athlete must return a note from the evaluating physician to the Athletic Training Coordinator to be removed from suspension.

Student Resources & contact info:

Be sure to utilize the UCF RWC certified athletic trainers. If a student-athlete is interested in meeting with an athletic trainer during open clinic hours, all they need to do is come to the RWC Athletic Training room between 2:00 pm and 5:00 pm Mon. - Fri. Athlete may also schedule an appointment with an athletic trainer by calling 407-823-2408.

Students should also use resources such as the UCF Student Health Services. Current UCF students can schedule an appointment with the sports medicine physicians at no additional cost, as this resource is included in student fees. The sports medicine staff is led by Dr. Douglas Meuser. Dr. Meuser and his staff can direct you to further testing and provide further medical assistance. The UCF Student Health Services' doctors can also set students up with academic support services if the injury is preventing someone from getting to class.

If you have any other questions, please feel free to contact us here at the RWC, 407-823-2408.