



Frequently Asked Questions: Concussion Management

- 1) What are the signs and symptoms of a concussion?
 - a. Loss of consciousness, seizure, nausea or vomiting, irritability, sadness, fatigue, headache, dizziness, confusion, loss of appetite, light sensitivity and many more.

- 2) I think I have a concussion. What next?
 - a. Remove yourself from practice or competition and seek immediate medical evaluation.
 - b. Report to your president, safety officer and coach/instructor.
 - c. Take the **“Removal From Play And Removal From Learn” Forms** to your visit with your private licensed medical provider or a licensed provider at Student Health and Counseling Services at Sacramento State.
 - i. [Removal From Play Form](https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-play.pdf) https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-play.pdf
 - ii. [Removal From Learn Form](https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-learning.pdf) https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-learning.pdf

- 3) I have been diagnosed with a concussion. What next?
 - a. Ensure that the **“Removal From Play And Removal From Learn” Forms** are completed and signed.
 - b. Return form to the SHCS Athletic Trainer or the Student Organizations and Leadership office as soon as possible. Include your President and Safety Officer in the process, so that they may aid you in getting the paperwork to the individuals stated above.
 - i. [Removal From Play Form](https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-play.pdf) https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-play.pdf
 - ii. [Removal From Learn Form](https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-learning.pdf) https://www.csus.edu/student-life/student-organizations/sports-recreation/_internal/_documents/soal-removal-from-learning.pdf
 - c. Continue to follow the recommendations and restrictions set forth by the licensed medical provider managing you and DO NOT return to any activities until cleared.

- 4) Return to learn protocol. What is that?
 - a. With a concussion focus, concentration, memory and vision can be affected. To ensure that the student is not put into a situation that would make their symptoms much worse, the return to learn protocol is individually managed to slow reintroduce the student into classroom activities at a safe pace.
 - b. [Click here to review the Return to Learn Protocol](#)
 - c.

5) Return to play protocol. What is that?

- a. RTP protocol is set in place to allow for a gradual progression of physical stress on the athlete to ensure that symptoms do not return.
- b. [Click here to review the Return to Play Protocol](#)

6) Concussion management plan/Protocol

- a. A comprehensive plan and management of concussions is in the best interest of the athlete, for their health and safety.
- b. [Click here to view the Concussion Management Plan](#)
- c. [Click here to view the Concussion Management Policy](#)