

Concussion Information



Concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth—causing the brain to bounce around or twist within the skull.

This sudden movement of the brain can cause stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

A concussion can have a serious effect on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks or even months.

Not giving the brain enough time to heal after a concussion can be dangerous. A repeat concussion that occurs before the brain heals from the first, usually within a short amount of time (hours, days, weeks), can slow recovery or increase the chances for long-term health problems. These may include changes in how the child or teen thinks, feels and acts, as well as their ability to learn and remember.

While rare, a repeat concussion can result in brain swelling or permanent brain damage. It can even be fatal.

Resource: Centers for Disease Control and Prevention

Concussion Protocol

Livermore High School follows CIF regulation and California state law in order to ensure student-athlete safety during athletic participation. Any athlete, who is suspected of sustaining a concussion is not allowed to return to athletic activity that day. The concussion can be suspected by a coach, athletic trainer, athletic director, nurse or referee. When possible the athlete should first see or contact the athletic trainer. CIF also requires that the athlete be seen by a M.D. or D.O. trained in concussions and working in their scope of practice. This means that the athlete cannot be seen by a nurse practitioner or physician's assistant. If the athlete did sustain a head injury or concussion, he or she must complete a seven-step return-to-play progression supervised by a physician and athletic trainer in order to return to play. Every step of the progression must be signed off by a designated concussion monitor (athletic trainer). Even if an athlete brings a note stating the he or she is cleared to play, the progression must be completed and signed before the athlete is cleared for participation at LHS.

As the coach and athletic trainer cannot monitor all athlete's every move, it is the student-athlete's responsibility to read, understand, and report any symptoms of a concussion.

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