

ACL Concussion Quick Guide

For Umpires & Team Captains

Recognize

Suspect concussion if a player: - Is struck on the head or body - Appears dazed, confused, or unsteady - Reports headache, dizziness, nausea, or vision issues

Remove

- If in doubt, sit them out (mandatory)
- Remove the player immediately
- No same-day return to play

Refer

- Encourage medical assessment as soon as practicable

Return

- Only after symptoms fully resolve
- Only after graduated return-to-play
- Medical clearance where reasonably practicable

Remember

- You are not diagnosing concussion
- Your role is player safety
- When unsure, err on the side of caution