

Key Colony Beach Pickleball Club Concussion Protocol

Adopted November 1, 2025

Purpose:

1. Safeguard players by educating them and having an outline of steps to follow when an incident occurs.
2. Ensure players suspected of having a concussion are removed from play and only return with medical clearance.

Concussion Signs and Symptoms: A concussion is a traumatic brain injury that interferes with normal brain function. Players do not need to lose consciousness to have a concussion.

Typical Causes for Concussions with Pickleball Players May Include:

- Head contact with the court floor or a paddle.
- Head contact caused by a collision with another player.
- Ball making direct contact with the head of a player, particularly the forehead.
- Players experience head or upper body contact with permanent fixed objects around the court, such as structural posts, net posts, or fencing.

Signs Observed by Others:

- Appears dazed or stunned
- Confused or unsure of the game, score, or opponent
- Moves clumsily or answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to the hit or fall

Symptoms Reported by Player:

- Headache or "pressure in head"
- Nausea or dizziness
- Sensitivity to light or noise
- Double or fuzzy vision
- Feeling sluggish, foggy, or groggy
- Concentration or memory problems

Removal and Return to Play:

Removal:

- Immediately remove any player showing signs or symptoms of a concussion from play.
- If a minor, inform the player's parents or guardians.
- Ensure the player is evaluated by a licensed health care professional. Do not let the injured player leave unattended.

Call 9-1-1 if the person experiences severe symptoms like loss of consciousness, seizures, persistent headaches, confusion, or persistent vomiting.

Return:

- Players may only return to play after being evaluated by a health care professional.
- A written medical release must confirm it is safe for the player to return.
- Players (and parents/guardians if minors) must acknowledge the risks and complete any return-to-play protocols set by their health care provider.

Implementation:

- We will share this protocol with all players, officials, and parents/guardians.
- Train club members to recognize concussion signs and symptoms.
- Ensure access to medical professionals when needed.