



MONTICELLO SOCCER CLUB

PLAYER CONCUSSION POLICY

For the safety of our players the Monticello Soccer Club (MSC) has developed a policy with regards to players that suffer possible or diagnosed concussions. Below is the policy that is to be followed regarding concussions suffered by players.

It is important that team officials (managers, coaches and trainers) are familiar with the signs and symptoms of concussions. The following is a list of things to look for when a player is injured in a manner that may result in a concussion:

- Altered mental status including confusion, inappropriate emotions, agitation or abrupt change in personality
- Blurred/double vision/seeing stars or black spots
- Dizziness, poor balance or unsteadiness
- Excessive or persistent headache
- Excessive fatigue
- Feel in a “fog”
- Loss of consciousness
- Amnesia or memory problems
- Loss of orientation
- Vomiting
- Poor balance/coordination
- Ringing in the ears
- Excessive sensitivity to light or noise
- Vacant stare/glassy eyed

If a player is injured in a manner that could have caused a concussion and/or exhibits any of the above signs or symptoms, after an injury, it is the coach’s responsibility to consult with the parents and make them aware of the issues observed with their child. The MSC recommends that the player be seen by a medical professional to be cleared of any potential concussion, though the final decision is the responsibility of the child’s parent/guardian. The coach does, however, have the authority to bench a child if they believe the child is injured. Most concussions heal without issues or complications **if they are handled properly**.

If a player is diagnosed with having a concussion by a medical professional, that player may not return to practice or play without clearance by a medical professional. Most of the issues with concussions come due to returning to demanding activity before the concussion has healed. Under **NO** circumstances should a player, with a diagnosed concussion, be allowed to participate in any MSC activities without first having such activities approved by their medical professional.

If a player is diagnosed with a concussion, no matter how severe, the team manager/coach will notify the team's director with the club, either the boy's director or girl's director. The directors will then work with the team to assure that this policy is followed.