

# Recognize to Recover

Program for Player Health & Safety

*January 15, 2016*





Recognize to Recover, or R2R, is a first-of-its-kind program that aims to reduce injuries in soccer players of all ages and promote safety by those on and off the field

**RECOGNIZE > TO  
RECOVER**

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A PROGRAM OF  
U.S. SOCCER



# Why Recognize to Recover



- Keep player safety a priority at all levels
- Strengthen the role parents, players, coaches and officials have in player safety
- Centralize ongoing work to provide a resource in areas of player health and safety



- Prevention
- Safety
- Recovery
- Performance

# Concussion Education and Rule Changes





- Created by U.S. Soccer
- 12 experts in the field of concussion injuries
- Reviewed current scientific data
- Developed rule changes and best practices



- Recommendations for members
  - Adequate number of HCP present for all major youth tournaments and accessible as needed during play
  - HCP should be licensed, such as ATC or MD/DO, with skill set in emergency care and sports medicine with knowledge related to concussion evaluation and management
  - Hosting entities should collaborate with HCP on overall emergency action plan and discuss the management of injuries and return to play



- Recommendations for all members – follow new Development Academy substitution rules
  - If player suffers significant blow to the head remove the player from the game for medical evaluation
  - A substitution for evaluation of concussion/head injury will not count against the team
  - If player has received clearance from HCP to return, player may re-enter at any stoppage of play





- U11 and younger (10y and under)
  - No heading in practices or games
- U12 and U13 (11y-13y)
  - Heading training limited to maximum of 30 minutes per week with no more than 15-20 headers per player, per week

# Heat Guidelines





## Heat-Related Injuries are Preventable



### Heat deaths rising

Heat-related fatalities that occurred during sports have more than doubled since 1975.

1975-79



1980-84



1985-89



1990-94



1995-99



2000-04



2005-09



Source: Korey Stringer Institute

By Veronica Salazar, USA TODAY

# Heat Guidelines



# Emergency Action Plan for Cardiac Arrest

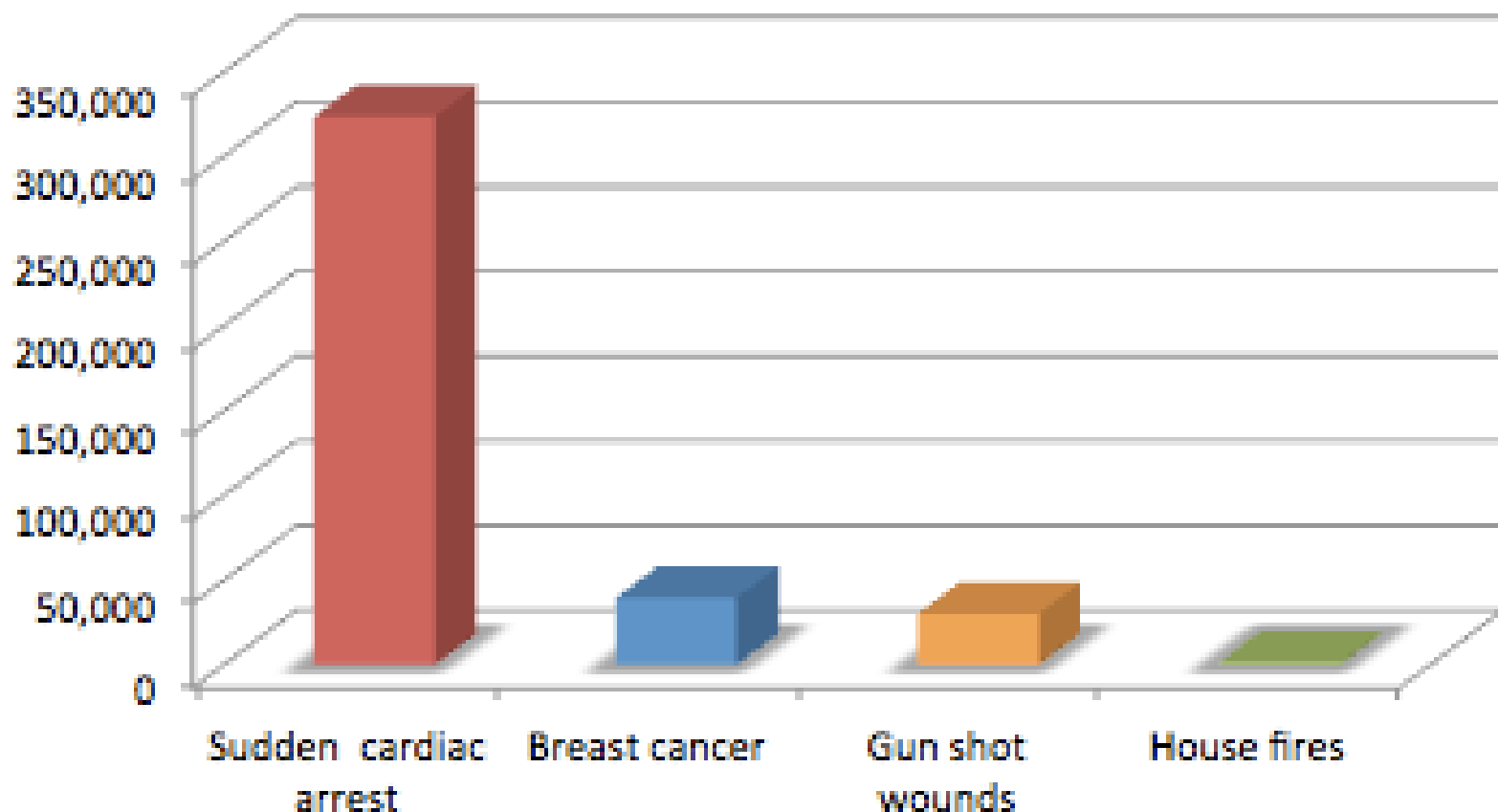




## Annual Incidence of Death

Compiled by Sudden Cardiac Arrest Foundation

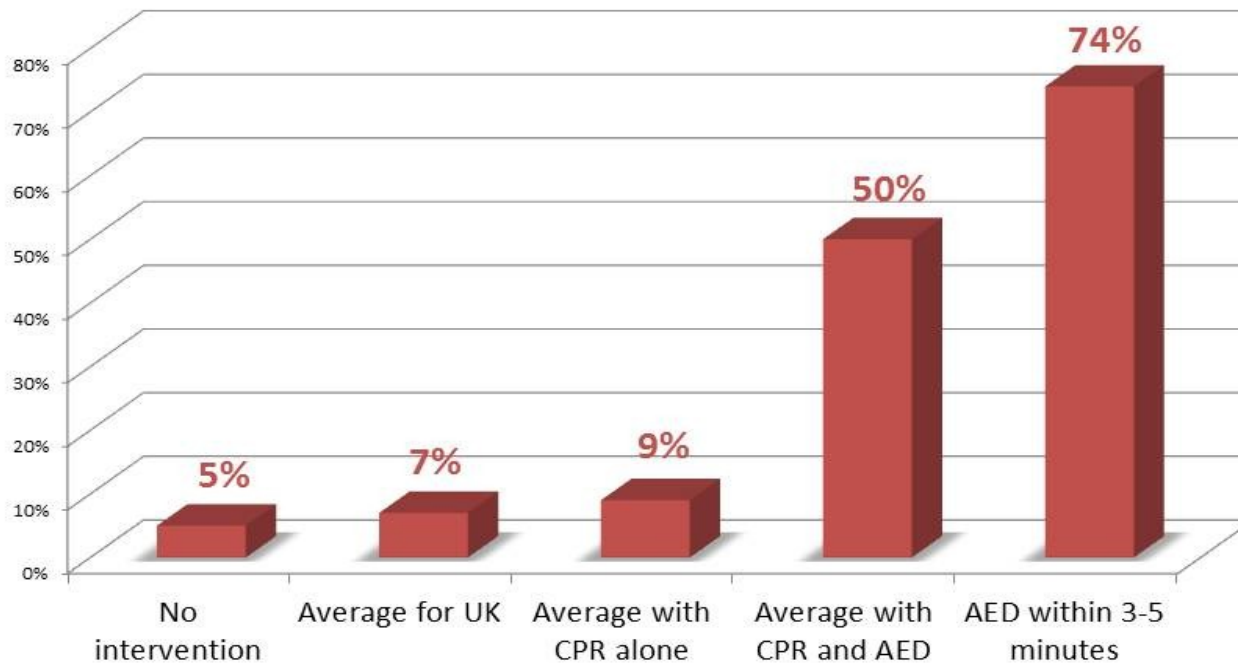
[www.sca-aware.org](http://www.sca-aware.org)





## The impact of public-access defibrillators on survival

Survival rates from sudden cardiac arrest





## TRADITIONAL CPR VS HANDS-ONLY CPR

### Traditional CPR

1. Gently shake victim to check if conscious
2. Do mouth-to-mouth ventilations
3. Do chest compressions
4. Alternate cycles of mouth-to-mouth ventilations and chest compressions

Hard to remember, perform, teach, requires mouth-to-mouth contact and is useful for victims younger than 12 years old and drowning

VS

### Hands-Only CPR

1. CHECK if victim is conscious
2. CALL 9-1-1 if not conscious
3. COMPRESS - Do Hands-Only CPR
4. NO mouth-to-mouth ventilation is needed

Easy to remember, perform, teach, does NOT require mouth-to-mouth contact and is useful for adults and non-drowning victims



**Hand Position:** Interlock your fingers; place the heel of your lower hand on the chest

**Arm Position:** Keep your elbows straight; push on the center of the chest Push 100 times per minute. Push down at least 2 inches. Push hard and fast in the center of the chest

## Hands-only CPR:

- Easy to remember
- Easy to perform
- Easy to teach
- Does *not* require mouth-to-mouth contact
- Useful for adults and non-drowning victims



# Role of Coaches





- You are a leader in soccer
- You have a strong voice and are trusted
- Become educated on U.S. Soccer's R2R Campaign and utilize it in your own programming
- Help spread positive messages about player safety in our sport



- Be informed
- Take the lead
- Set the tone
- Know the cues
- Take action
- Create a culture



For more information on  
R2R or U.S. Soccer's  
initiatives in the area of  
player safety, please contact  
[medical@ussoccer.org](mailto:medical@ussoccer.org)