



## Green White Policy Relating to Concussions

### **Preliminary Statement**

Green White Youth Soccer Club recognizes the potential issues and dangers to a player's short-term and long-term health relating to head injuries. Due to the difficulties in diagnosing such injuries, this policy is to provide guidelines and procedures to help coaches, trainers, managers, players, and parents in head injury situations. This policy is part of Green White Youth Soccer obligation to provide a safe playing environment for its players.

Awareness of concussion and effects of concussion on players, especially young players, has increased over the past decade. Medically, a concussion is a form of traumatic brain injury. Because it is a brain injury, a concussion is not a visible injury, such as a broken arm. It requires time to heal properly, involving both physical and mental rest. Consequences may include loss of coordination or memory, vision problems, learning issues and changes in emotions and behavior.

A concussion may result from a direct blow to the head or from an indirect blow to the body that causes various forces to affect the brain within the skull. Signs and symptoms may appear immediately or may be noticed hours, days, or weeks later. There are a wide variety of symptoms which are possible. Loss of consciousness is not required to be diagnosed with a concussion. Children and adolescents require more time to recover from concussions than adults.

Green White Youth Soccer Club is committed to following the US Center for Disease Control (CDC) and Prevention *HEADS UP: Concussion in Youth Sports* program and tool kit to provide training and resources to coaches, trainers, managers, players, and parents regarding concussions.

### **Requirements**

#### **Pre-Season Requirements**

Coaches, trainers, and managers are required to take the free CDC online training course "Concussion Training for Coaches" at [www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html) (takes approximately 45 minutes) before they may coach for the first time starting with the 2014/2015 season and once every two years thereafter. The certificate of completion at the end of the training is proof the course has been taken. It is strongly encouraged for players and parents to take the course for their own information.

Coaches, trainers, managers, players, and parents can read more information about the nature and risks of concussions from the CDC at [www.cdc.gov/concussion/HeadsUp/youth.html](http://www.cdc.gov/concussion/HeadsUp/youth.html). Click on the appropriate link for fact sheets ("Information for Coaches", "Information for Parents", "Information for Athletes" located about two-thirds the way down the webpage).

## Incident Requirements

1. Coaches, trainers, and/or managers shall remove a player from active participation during practices or during games if the player: 1) has received a forceful bump, blow, or jolt to the head or body that results in rapid movement of the head and 2) exhibits the signs, symptoms, or behaviors consistent with a concussion or is suspected of sustaining a concussion. Once the player is removed from participation, she/he cannot return to play that day.
2. The coach, trainer, and/or manager must inform the parent within a reasonable amount of time that the player is suspected of sustaining a concussion, and provide the parent with the following information:
  - a. How the injury occurred
  - b. Signs and behaviors observed by the coach, trainer, and/or manager
  - c. Symptoms reported by the player
3. The coach, trainer, and/or manager must call 9-1-1 or take the player to the emergency department right away if after a bump, blow, or jolt to the head or body the player exhibits one or more of the dangers signs identified in the CDC training and resource material (ie: loss of consciousness, worsening headache, unable to recognize people or place)
4. Illinois Youth Soccer Concussion Notification Form:
  - a. The coach, trainer, or manager must fill out and present an *Illinois Youth Soccer Concussion Notification Form* to the parents (or the player if over 18) of the injured player no less than 24 hour after the incident.
  - b. A copy with all applicable signatures must be given by the coach, trainer or manager to the Green White Youth Board Secretary for record.
  - c. ***Without a completely signed form the player may not participate in soccer related functions hosted by Green White Soccer Club, regardless of being cleared by a healthcare provider.***
  - d. This form can be found at the end of this document and also under forms on the Illinois Youth Soccer web page.
5. The player is not allowed to return to play until cleared in writing by a healthcare provider trained in evaluation and management of concussions and after submitting a completed *Illinois Youth Soccer Concussion Notification Form* to the applicable team manager or coach. The Team manager or coach must submit a copy to the Green White Youth Board Secretary for record retention.

## Post-Concussion Requirements

Players can return to play ONLY after obtaining permission from an appropriate healthcare professional trained in evaluation and management of concussions, and completion of the *Illinois Youth Soccer Concussion Notification Form*. Below are five gradual steps that should be followed to help safely return an athlete to play. This is a gradual process and the steps should not be completed in one day; but rather over days, weeks, or months.

1. Begin with light aerobic exercise only to increase a player's heart rate. This means about 5 – 10 minutes on an exercise such as walking or light jogging. No weight lifting or

- heading or any soccer related activities that would necessitate contact with another player, at this point.
2. Continue with activities to increase a player's heart rate with body or head movement. This includes moderate jogging, brief running, or moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).
  3. Add heavy non-contact physical activity, such as sprinting/running, regular weightlifting routine, or non-contact sport-specific drills (in 3 planes of movement).
  4. Player may return to practice and full contact in controlled practice.
  5. Player may return to competition.

If a player's symptoms return or she/he gets new symptoms when becoming more active at ANY STEP, this is a sign that the player is pushing her or himself too hard. The player should stop these activities and the parents and healthcare provider should be contacted. After more rest and no concussion symptoms, the player should begin at the previous step before the symptoms returned.

**References:**

Adapted from Minnesota Youth Soccer Association (MYSA) Policy Relating to Concussion and Concussed Players

Centers for Disease Control: Heads UP – Concussion in Youth Sports:  
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

Illinois Youth Soccer Association: <http://www.illinoisyouthsoccer.org/>

Illinois Youth Soccer Concussion Notification Form: [http://www.illinoisyouthsoccer.org/Forms/index\\_E.html](http://www.illinoisyouthsoccer.org/Forms/index_E.html).



## Concussion Notification Form

Adapted from the Centers for Disease Control Heads Up Concussion in Youth Sports

Player's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender: M or F  
Event \_\_\_\_\_ Date \_\_\_\_\_  
Name of Player's Team \_\_\_\_\_ U-Age \_\_\_\_\_

The above named Player may have sustained a concussion during the above listed event. Any athlete that sustains a bump, blow, jolt to the head, or a blow to another part of the body with the force transmitted to the head and/or is exhibiting signs and symptoms of concussion **MUST** be removed from play immediately. Even though most concussions appear mild, **all concussions are serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. In other words, even a "ding" or slight bump on the head can be serious. Concussions are invisible and most concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or may take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention immediately. For the latest information about concussions and symptoms, visit: [www.cdc.gov/ConcussionInYouthSports/](http://www.cdc.gov/ConcussionInYouthSports/).

- Headaches or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Concentration or memory problems
- Blurry or fuzzy vision
- Sensitivity to light or noise
- Feeling foggy or groggy
- Confused
- Doesn't feel right
- Dazed or stunned appearance

- Confused about assignment and/or position
- Unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Shows personality change
- Can't recall events prior to or after hit/fall

### Seek Immediate Medical Care for:

- Double Vision
- Prolonged Amnesia
- Seizures or Convulsions
- Loss of Consciousness
- Slurred Speech
- Repeated Vomiting
- Worsening Headaches
- Worsening Symptoms
- Prolonged Confusion

Since the Player may have sustained a concussion, the player has been removed from the game. Please be advised that the Player may not return to play and must obtain and submit a signed clearance from a medical doctor or doctor of osteopathy who specializes in concussion treatment and management. Remember, it's better to miss one game than to jeopardize the child's playing career. **When in doubt, sit them out!**

*By my signature below, I acknowledge that I have received a copy of this Form and agree that I have read and understand the information contained in this Form.*

Player's Signature if player is 18 or older \_\_\_\_\_ Date \_\_\_\_\_

Print Name of Parent/Guardian/Responsible Party \_\_\_\_\_

List Relationship to Injured Player \_\_\_\_\_

Signature of Parent/Guardian/Responsible Party \_\_\_\_\_ Date \_\_\_\_\_

Print Name of Player's Team Coach/Manager \_\_\_\_\_

Signature of Player's Team Coach/Manager \_\_\_\_\_ Date \_\_\_\_\_

Event Official must present one signed copy to Parent/Guardian/Responsible Party and/or Player that is 18 years of age or older, present one signed copy to Team Coach/Manager, and keep one copy for the Event Host to submit with an insurance claim.

Compliance Signature of Event Official \_\_\_\_\_ Date \_\_\_\_\_