

March 25, 2014

# Concussion Policy

## WAM United Soccer Club Concussion Policy

WAM United Soccer recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. The Policy is intended to provide easy-to-understand guidelines related to players who have been diagnosed with or are suspected of having a concussion.

The Policy is for Coaches, Parents and Players but is to be shared with any other adults or participants in WAM United Soccer.

### Coaches\*

- Coaches, on their own time, will watch in its entirety once every year the following educational video:
  - *"Heads Up: Concussion in Youth Sports Online Concussion Training"* Centers for Disease Control and Prevention (CDC). [Click here for the video](#)
- After watching the video, coaches will print out the certificate certifying completion and turn it in to the WAM United president prior to the start of the season.
- Before each season, all Coaches will be given a copy of CDC's *"Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches"* document or a similar document to be approved by WAM United Soccer Club.
- Concussions rarely (less than 10% of occurrences) involve loss of consciousness. However, in the event of loss of consciousness the Coach will call 911 or will instruct another adult to call 911.
- When, during a session, a Player is suspected of having a concussion the Coach will remove the Player from the session and will not allow the player to return to play for the remainder of the session. The Coach will keep the Player out even if the Player insists that he or she is okay.
- The Coach will inform the Player's Parent or guardian of the Player's symptoms as soon as possible. Ideally, the Parent will be notified immediately.
- The Coach will not allow the player to return for a future session without written medical authorization.

\* "Coaches" means all volunteer Head Coaches and Assistant Coaches

### Parents

- When a Parent registers their Player they will be required to check a box agreeing to the following: "If my child is diagnosed with or suspected of suffering a concussion during a WAM United Soccer activity or during ANY OTHER ACTIVITY including those outside WAM United Soccer, or if my player has a prior head injury, I will inform my child's Coach of such diagnosis and provide written authorization from a medical professional allowing my child to return to play."
- At the start of each season, Parents will receive a handout from WAM United Soccer that includes:
  - A brief explanation of our policy and the importance of the Parent's role in understanding it.

- A link to the Policy on the WAM United Soccer web site
- A copy of the CDC's "*Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents*" document or a similar document to be approved by WAM United Soccer.
- A link to the approved education video mentioned above.

## **Players**

- All Players U10 and older will be given a copy of CDC's "*Heads Up: Concussion in Youth Sports, A Fact Sheet for Players*" document.
- All Players U10 and older will be asked to watch the approved education video mentioned above at least once every two years. A certificate of completion will be turned into WAM United Soccer Club prior to the start of the season and updated every two years.