



CONCUSSION PROTOCOL AND RETURN TO PLAY POLICY

Skillability Soccer Training is committed to developing soccer players and coaches. We are promoting CDC "HEADS UP" Campaign recommended by US Soccer to recognize and reduce brain injuries such as concussions.

We are asking all of SST including staff, coaches, parents, and athletes to be aware of what can cause a concussion and what signs to look for.

A concussion is a type of traumatic brain injury that can have serious effects on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some may have concussion symptoms that may last for days, weeks, months, or in the worst of cases, even years. It is important to remember that no two concussions are the same and all should be treated on a case by case basis. Because it can be difficult to recognize the signs of concussion, the below protocol should be followed in the event of any head injury.

Coaches, parents and players play an important role in protecting athletes through being knowledgeable in how to identify signs and symptoms of a concussion and knowing what to do if they suspect an athlete may have experienced one. A concussion may be caused by a bump, a blow, or a jolt to the head. If an athlete exhibits any of the symptoms listed below after an injury, collision, fall, or any other incident, the athlete should not be allowed to return to the field. The coach will advise the parent and athlete to seek medical advice to ascertain the athlete's health status.

Concussion Symptoms include the following but not limited to..

- Nausea or vomiting
- Pupils that are enlarged or not equal in size
- Unusual or bizarre behavior
- Poor recollection of the incident which caused the trauma
- Inability to recognize people or places
- Seizures
- Severe dizziness
- Progressively worsening headache
- Double or blurry vision
- Numbness or weakness in arms or legs
- Excessive drowsiness or fainting
- Slurred speech

II. Protocol and Return to Play

If an Athlete is suspected to have a concussion, either observed by a coach, parent, referee, or another player, he/she is to be removed from the game or practice immediately.

After a suspected concussion, the athlete is not to return to play WITHOUT a Doctor's note from a certified physician after passing the gradual Concussion Return to Play Protocol.

III. Coaches should remove athletes with suspected concussions if any of the above symptoms are present after a blow to the head or sudden fall.