



## **Skiatook Soccer Club Concussion Risk Management Policy**

Skiatook Soccer Club 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 Skiatook Soccer.

### **Coaches**

- Coaches, on their own time, will watch in its entirety, at least once every two years, one of the following two educational videos:
  - “Concussion in Sports – What you Need to Know” developed by The National Federation of State High School Associations (NFHS) (<https://nfhslearn.com/courses/61037/concussion-in-sports>)
  - “Heads Up: Concussion in Youth Sports Online Concussion Training” Centers for Disease Control and Prevention (CDC) (<http://www.cdc.gov/headsup/youthsports/training/>)
  - When a Coach volunteers to coach (part of the player online registration process) the Coach will be required to answer Yes or No to a question “Have you completed one of the authorized Concussion Training videos in the past two years”
  - After completing either the FIRST OR SECOND APPROVED OPTION, Coaches will need to print out the "certificate of completion" and keep a copy with you at ALL SSC related functions
- 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 Skiatook Soccer.
- Though a rare occurrence, if a Player becomes unconscious during a session, the Coach will call 911 or will instruct another adult to call 911.
- When, during a session, a Player becomes unconscious or suspected of having a concussion the Coach will remove the Player from the activity for the remainder of the session. The Coach will keep the Player out even if the player insists they are able to return.
- 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. In the event of a suspected concussion, the Coach will provided the Parent with, and sign, a USYS Concussion Notification Form as documentation of the event, and the appropriate precautions to be observed.

- A player may not return to soccer activities, practice or games, until he or she has been assessed and received written clearance by a physician or by another licensed health care provider. A Return-to-Play form must be submitted to the coach prior to allowing the athlete to participate in any activity with the athlete's team, whether it be a practice or a game situation. If the Coach suspects the player is still exhibiting symptoms, the Coach will keep the player from the activity. The athlete MAY NOT return to play nor participate in any SSC activity on the same day that he or she has been removed (even if a written medical clearance is provided).

\* "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 a concussion during a Skiatook Soccer activity or during ANY OTHER ACTIVITY including those outside soccer activities, or if my player has a prior head injury, I will inform my child's Coach of such diagnosis prior to the start of the season or before my child returns to play."
- At the start of each season, Parents will receive an e-mail from Skiatook 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 Skiatook Soccer web site
  - An electronic copy of CDC's "Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents" document or a similar document to be approved by Skiatook Soccer.
  - A link to each of the two approved education videos mentioned above.
- In the event of a suspected concussion, the Parent will be provided with, and sign, a USYS Concussion Notification Form as documentation of the event, and the appropriate precautions to be observed.