



Colonial Soccer Club Concussion Protocol

- 1) All Coaches must take the CDC Heads Up Program for concussion recognition, submit certificate.
<http://www.cdc.gov/headsup/youthsports/index.html>
- 2) Deliberate heading of the ball is not allowed under U12. For intramural, this means no deliberate heading is allowed until the 6th / 7th / 8th Grade Division.
- 3) Have materials at games and practice to assess the possibility of a concussion.
 - CDC Handouts to parents (in case of suspected concussion)
- 4) If a player is suspected of a head injury, the athlete must be removed from play.
 - "When in doubt, sit them out."
- 5) Please refer to the CDC Head up Program for signs and symptoms of a concussion.
- 6) Contact Safety Coordinator by email with name of player **SUSPECTED** of concussion, parents name, and contact info the day of game or practice.
 - Contact info safety@colonialsoccerclub.org – Please use Concussion in subject
 - CC league coordinator or if travel soccer CC: travel coordinator
 - Safety Coordinator will contact parents to inform them of concussion policy
- 7) Parents must turn in appropriate paperwork to the Safety Coordinator before returning to play if a concussion is suspected.

If an athlete sees a physician within 48 hours (pediatrician, ER, etc) and it is determined that they did **NOT** have a concussion, they can return to play once paperwork is emailed to the Safety Coordinator that states they did not have a concussion.

If it is determined that they had a concussion or they wait longer than 48 hours for physician assessment, **The signed note to return to play must be from a physician (MD or DO) trained in Concussions.** A regular pediatrician, ER physician, or family doctor is not permitted as per PA state law and EPYSA to return a player to play following concussion. The note must state that the "player is allowed to return to sports following a concussion" or "player has not sustained concussion"

- 8) Paperwork **MUST** be returned by the end of day **Thursday** to Safety Coordinator to play Saturday. Or 48 hours before game/ practice if weekday game/ practice.
- 9) Coaches will not allow players to participate in practice or a game until the Safety Coordinator gives clearance by email.
- 10) Coaches will monitor the athlete to assure no future symptoms once they return to play.

**** Although some spectators are physicians, athletic trainers, or other health care professionals they are not allowed to return an athlete to play after a suspected concussion unless they are officially club sponsored physicians or athletic trainers and announced to referee prior to game. At this time, Colonial Soccer does not have individuals working in this capacity.**

**** Other clubs may have official physicians or athletic trainers at travel games they are hosting. If a concussion is suspected in this situation, the athlete must be evaluated by the physician or athletic trainer. If it is determined that a concussion occurred, rules above must be followed as well as recommendations from the physician or athletic trainer. Although helpful in many situations, if a paramedic, nurse (RN), EMT, chiropractor are "covering" the event, they are not allowed to return an athlete to play in case of a suspected concussion.**

Contact Info for Safety Coordinator; Brian Cammarota – safety@colonialsoccerclub.org; 610-529-9557