



SPRINGS SOCCER CLUB

Concussion Protocol & Information Sheet

Required Signature — 2026-2027 Season

SSC follows the concussion-awareness protocols of U.S. Soccer (Recognize to Recover) and the Centers for Disease Control and Prevention (HEADS UP), consistent with Florida law governing youth athletic activities. The Parent and Player acknowledge receipt of, and having read, the following concussion information.

What Is a Concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head, or by a hit to the body that causes the head and brain to move quickly back and forth. A concussion can occur even if the Player does not hit their head directly and even if there is no loss of consciousness. Concussions are serious injuries and require proper medical evaluation and management.

Common Signs and Symptoms

Symptoms may appear immediately or develop over hours or days following the injury. They include:

Headache or pressure in the head • nausea or vomiting • dizziness, balance problems, or difficulty with coordination • sensitivity to light or noise • blurred or double vision • feeling sluggish, hazy, foggy, or groggy • confusion, memory problems, or difficulty concentrating • mood, behavior, or personality changes • sleep disturbances (sleeping more or less than usual, trouble falling asleep) • loss of consciousness (even briefly).

What To Do If a Concussion Is Suspected

- The Player must be removed from play immediately and must not return to activity the same day.
- The Player must be evaluated by a licensed physician (MD or DO) qualified in concussion evaluation, as required by Florida law.
- The Player may not return to any SSC training, practice, or game until cleared in writing by such a physician.
- Return to play must follow a step-wise graduated protocol under appropriate supervision.
- The Parent agrees to report any suspected concussion symptoms to SSC coaching staff immediately.

Why This Matters: Second-Impact Syndrome

Returning to play before a concussion has fully healed can result in Second-Impact Syndrome — a rare but potentially fatal condition in which a second head injury causes rapid and severe brain swelling. Prolonged recovery, permanent brain damage, and death are all possible outcomes of returning to play too soon. For this reason, SSC enforces mandatory removal-from-play and written medical clearance requirements without exception.

Parent and Player Acknowledgment

By signing below, the Parent/Guardian and Player acknowledge that they have received, read, and understand this Concussion Information Sheet, and agree to comply with SSC's concussion removal-from-play and return-to-play protocols.

Parent / Guardian Name (printed): _____

Signature: _____ Date: _____

Player Name (printed, if age 13 or older): _____

Signature: _____ Date: _____