

CONCUSSION & HEAD INJURY SAFETY



Player & Parent Education

What Is a Concussion?

A concussion is a brain injury caused by a bump, blow, or jolt to the head or body that disrupts normal brain function. A concussion can occur even without loss of consciousness. It affects how the brain works and can impact memory, balance, coordination, and mental processing. Concussions are serious and must be taken seriously every time they are suspected.

Signs & Symptoms

Physical: headache or pressure in head, nausea or vomiting, dizziness or balance problems, blurred or double vision, sensitivity to light or noise, feeling sluggish or foggy, changes to sleep

Thinking/Emotional: Confusion or feeling slow, difficulty concentrating or remembering, irritability or sadness, nervousness or anxiety

Player Removal / Return

Any player suspected of having a concussion must:

- Be removed from play immediately
- Not return to practice or games on the same day
- Be evaluated by a licensed health care provider trained in concussion management
- Not return to play until written medical clearance is provided by that clinician

Parent Notification

If a player is removed due to a suspected concussion, the club will notify a parent/guardian with:

- Time/date of the injury
- Observed symptoms
- Any treatment provided

Prevention

- Eclipse follows US Club Soccer heading guidelines
- Eclipse coaches are required to take concussion and head injury training prior to coaching and renew certification annually
- Eclipse directors regularly review all concussion/head injury reports, policies, and changes in the science around prevention and treatment

Additional Information

[US Soccer Head & Brain Conditions](#)
[US Club Soccer Head Injuries](#)
[CDC Heads Up](#)