

Copper Mountain Soccer Club  
Concussion & Traumatic Brain Injury Policy

Effective May 10, 2011, a Utah law called the “The Protection of Athletes with Head Injuries Act” (UCA § 26-53-101, et seq.), requires all amateur sports organizations to adopt and enforce a concussion head injury policy. This policy will ensure the consistent and uniform implementation of a well-established concussion management program and return-to-play guidelines for Copper Mountain Soccer Club.

## EDUCATION

A concussion is a brain injury and ALL brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally functions. All concussions are potentially serious and may result in complications including prolonged brain damage and even death if not recognized and managed properly. In other words, even a “ding” or a bump to the head can be serious. Concussion cannot be physically seen, and most occur without loss of consciousness. Signs and symptoms may appear immediately after the injury or can take hours or days to fully appear. If an athlete reports any signs or symptoms of concussion or is observed expressing signs or symptoms of a concussion, seek medical attention immediately.

## SIGNS AND SYMPTOMS OF A CONCUSSION

### SIGNS:

• Appears dazed • Vacant facial expression • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Seizures or convulsions • Loss of consciousness

### SYMPTOMS:

• Headaches • “Pressure in head” • Nausea or vomiting • Ringing in the ears • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional or irritable • Confusion • Concentration or memory problems • Repeating the same question/comment

## WHAT TO DO IF SOMEONE IS SUSPECTED TO HAVE SUSTAINED A CONCUSSION:

- Notify a coach, parent/legal guardian, responsible adult if it is suspected someone is experiencing signs or symptoms of a concussion. Never ignore a bump or blow to the head.
- If a concussion is suspected, then an evaluation by a medical professional is required. A qualified health care provider can diagnose a concussion and advise when following return-to-play guidelines is warranted.

- Rest! Players suffering from a concussion need time to allow the brain to heal properly. Young developing brains recovering from a current concussion are susceptible to sustaining a second concussion known as Second Impact Syndrome. This condition can cause permanent brain damage, or even death. It is important to rest until approval from a doctor or qualified health care provider is given before fully returning to activity.
- Do not take anti-inflammatory medications such as Ibuprofen, Advil, Aleve, or Motrin without the approval from a doctor. These medications thin the blood and can possibly cause more damage to a brain that has sustained a concussion.

#### POSSIBLE CONSEQUENCES FOR RETURNING A PLAYER TO THE FIELD FROM A CONCUSSION TOO SOON:

- Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with a concussion leaves the young athlete especially vulnerable to greater injury. As quoted from the Center for Disease Control (CDC), “A repeat concussion that occurs before the brain recovers from the first - usually within a short period of time (hours, days, or weeks) - can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussion can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second impact syndrome. Keep athletes with a known or suspected concussion from play until they have been evaluated and given permission to return to play by a qualified health care provider with experience in evaluating for concussion.
- Remember: ‘It’s better to miss one game than the whole season.’”

## **CONCUSSION POLICY ACTION PLAN FOR CMS CLUB**

#### COPPER MOUNTAIN SOCCER CLUB (CMSC) IS DEFINED AS:

- CMS Board
- CMS coaches and all volunteers
- All registered CMS players

#### EDUCATION AND NOTIFICATION REQUIREMENTS:

- CMSC adopts these education and notification policies for the management of concussions in youth soccer.
  - All coaches must be educated in the nature and risk of concussions prior to the first practice/competition. This education shall include signs and symptoms of concussions.
  - All players and the parent(s)/legal guardian(s) of those players are required to digitally sign either a risk waiver and/or an informed consent form relating to the nature and risk of concussions.
  - The CMSC Concussion Policy can be found on the CMSC website under the Resources heading > Club Policies which includes the signs and symptoms of concussions.

#### ACTION PLAN FOR HEAD INJURIES:

- CMSC has adopted these policies for the management of concussions in youth soccer.
  - Any player showing signs or symptoms of a concussion shall be immediately removed from participation/competition.
  - All CMSC players sustaining or suspected of sustaining a traumatic brain injury MUST provide a doctor's signed release form to CMSC in order to return to play. CMSC will not allow any athlete who has sustained or is suspected of sustaining a traumatic brain injury to return to play until CMSC has received a clearance form for that athlete bearing the signature of a Qualified Health Care Provider.
  - A Qualified Health Care Provider is someone who meets the following requirements:
    - Licensed in the state of Utah under the Division of Occupational and Professional Licensing Act
    - May evaluate and manage a concussion within the health care provider's scope of practice
    - Successfully completed a continuing education course in the evaluation and management of a concussion within 3 years.

#### APPROPRIATE CLEARANCE OF HEAD INJURIES:

- CMSC will follow these guidelines for managing concussions or suspected concussions in youth soccer.
  - The Qualified Health Care Provider who has cleared the athlete must provide a statement that they are trained in the evaluation and management of concussions.
  - Optimally, all athletes should progress through the "Return-To-Play Protocol" (R.T.P.P) before returning to play, but athletes may return to play without completing the protocol if indicated by a Qualified Health Care Provider.
    - Return-To-Play Protocol stages should be performed without causing recurring symptoms before progressing to the next stage
      - Stage 1 – Activities of Daily Living
      - Stage 2 – Light Aerobic Physical Activity which increases heart rate (<70% effort for about 10 minutes)
      - Stage 3 – Moderate Aerobic Physical Activity introducing soccer specific skills (70-85% effort)
      - Stage 4 – Non-Contact Training Drills (100% effort)
      - Stage 5 – Full-Contact Practice and assess physical, cognitive and psychological readiness (100% effort)
      - Stage 6 – Return to Play with regular game competition
  - The Concussion Clearance Form from the doctor must be returned to the appropriate CMSC board member before final clearance is granted.
    - The appropriate CMSC board member is the person(s) responsible for the clearance information depending on the event in which they were injured.
    - CMSC board member is administratively responsible for the clearance of head injuries that occur during a CMSC-hosted event. A CMSC-hosted event is defined as:

- Club hosted events
- Regular season play
- Practices, scrimmages, tryouts, and camps

#### COACHES REQUIREMENTS:

- Shall be educated as to the nature and risk of concussions including continuing to play after a concussion or head injury. This education shall include signs and symptoms of concussions. Education materials are available below at no charge.
- Shall educate their athletes on the signs and symptoms of concussions and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
- Shall immediately remove any athlete from participation/competition who is suspected of sustaining a concussion.
- Shall not allow an athlete who has been removed from play because of a suspected concussion to return to play until the athlete has received written clearance from a Qualified Health Care Professional trained in the evaluation and management of concussions.
- Shall understand and execute the Return-to-Play Protocol when and if necessary as deemed appropriate by the Qualified Health Care Professional of the player.

#### PARENTS/LEGAL GUARDIAN REQUIREMENTS:

- Shall digitally sign the informed consent form and/or risk waiver for Copper Mountain Soccer Club for which their child plays before their child participates in any practice or competition. Their signature acknowledges that they have read, understood, and agreed to abide by CMSC Policy.
- Shall be responsible and accountable for reviewing club policy.

#### ATHLETE REQUIREMENTS:

- Shall inform a coach or parent if they, or a teammate, exhibit any signs or symptoms of a concussion.
- The athlete may not return to play until he or she has been evaluated by and received written clearance to resume participation from a qualified health care provider who is trained in the evaluation and management of a concussion within the health care provider's scope of practice in accordance with this policy.

\*For more information regarding sports related concussions, please visit the Centers for Disease Control and Prevention website at: [www.cdc.gov/concussion](http://www.cdc.gov/concussion)