

Fusion F.C. Concussion Policy

Act 101, known as the “Safety in Youth Sports Act,” was signed into law in 2011, and establishes standards for managing concussions and traumatic brain injuries to student athletes. Fusion has created the following policy to ensure the safety of its players and to comply with Act 101 and Eastern Pennsylvania Youth Soccer recommendations and requirements.

I. COACH TRAINING AND INFORMATION DISTRIBUTION

- a. Once each year (prior to the fall season), each recreational and travel coach and assistant coach shall complete the online concussion management certification training course offered by the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>). A coach shall not coach a team until the coach completes the training course required and submits documentation of completion to the club. The club shall submit the Annual Concussion Education and Training Certification form to Eastern Pennsylvania Youth Soccer to verify compliance with in the organization.
- b. The club shall post information regarding concussions on the website and shall distribute said information to players/parents/guardians prior to the start of each season.
- c. Any coach who violates this policy shall be suspended from coaching any activity pending further investigation.

II. PROCEDURES (BASED ON BEST PRACTICES FOR MANAGING CONCUSSION)

- a. Players who are exhibiting any of the signs or symptoms of a sports-related concussion or other head injuries during practice or competition shall be immediately removed from play and may not return to play until he/she is evaluated and cleared for return to participation in writing by an appropriate medical professional.
- b. Some of the signs and symptoms are as follows:
 - i. Signs of concussion which could be observed by Coaches, Trainer, or Parent include:
 1. Appears dazed, stunned, or disoriented, demonstrates decreased alertness
 2. Forgets plays, or demonstrates short term memory difficulty
 3. Slurs words
 4. Exhibits difficulties with balance or coordination
 5. Answers questions slowly or inaccurately
 6. Exhibits seizures or vomiting
 7. Changes in level of consciousness (Estimates are that <10% of concussions result in the loss of consciousness)

- ii. Symptoms of concussion which could be reported by the player to Coaches, Trainer, Parent/ Guardian include:
 - 1. Headache
 - 2. Nausea
 - 3. Balance problems or dizziness
 - 4. Double vision or changes in vision
 - 5. Sensitivity to light or sound/noise
 - 6. Feeling sluggish or foggy
 - 7. Difficulty with concentration and short term memory
 - 8. Sleep disturbance
 - 9. Irritability or changes in personality and behavior

- c. Once a player has been removed from competition or practice because of signs or symptoms of a concussion, the following Concussion Management Protocol must be followed:
 - i. Emergency medical treatment should be pursued if there is a deterioration of symptoms including seizure, altered level of consciousness, vomiting, altered pupillary findings, or direct neck pain associated with the injury.
 - ii. Club (VP or club office) shall be notified of the event.
 - iii. Club officials shall make contact with the player's parent/guardian (if they are not present at the time of the injury) and inform him/her of the suspected concussion or head injury. The player shall be evaluated by an appropriate medical professional. The player shall receive written clearance from an appropriate medical professional that states the player may return to play. An "appropriate medical professional" shall be defined as "a licensed physician who is trained in concussion evaluation and management or a certified health care professional who is trained in concussion evaluation and management and designated by such licensed physician. The state association will provide resources to locate specialists who may have more than the minimum required training under Act 101.
 - iv. Should concussion symptoms recur upon return to play, the parent/guardian should notify the attending physician.

Based on model policy from Brain Injury Association of Pennsylvania (BIAPA)
www.biapa.org