

Utah Youth Soccer Association & Clubs Concussion Management Policy

What is a Concussion?

A concussion is a brain injury that is caused by a bump or blow to the head that changes the way your brain normally works. Concussions can occur during practice or games in any sport. You do not have to be knocked out to have a concussion. Even a “ding” can be serious.

Signs/Symptoms of a Concussion:

Headache or “pressure” in the head
Nausea or vomiting
Balance problems
Dizziness
Double or blurry vision
Bothered by light
Bothered by noise

Feeling sluggish, hazy, foggy, or groggy
Difficulty paying attention
Memory problems
Confusion
Does not “feel right”

What to do if you or someone you know might have a concussion:

Tell a coach or parent/legal guardian that you are experiencing signs or symptoms of a concussion. Never ignore a bump or blow to the head. Also, tell a coach or parent/legal guardian if a teammate might have sustained a concussion.

Get evaluated by a medical professional. A doctor or health care provider can tell you if you have sustained a concussion and when you are OK to return to play.

Rest! Give yourself time to get better. If you have a concussion, your brain needs time to heal. While developing brains are recovering from a concussion they are more likely to sustain a second concussion, also known as Second Impact Syndrome. This condition can cause permanent brain damage, or even death. It is important to rest until you get approval from a doctor or qualified health care provider before you return to activity.

Do not take anti-inflammatory medications such as Ibuprofen, Advil, Aleve, or Motrin without the approval from a doctor. These medications can possibly cause more damage to a brain that has sustained a concussion.

Utah Youth Soccer Associations and Clubs:

- Shall adopt policies for the management of concussions in youth soccer.
 - They shall ensure that all coaches (paid and volunteer) are educated in the nature and risk of concussions prior to the first practice/competition. This education shall include signs and symptoms of concussions. Resources for this education are available in both English and Spanish.
 - They shall annually require all players and the parent(s)/legal guardian(s) of those players to sign and return an informed consent form relating to the nature and risk of concussions. This information sheet shall include the signs and symptoms of concussions and can be found on the UYSA website under the Risk Management page.
 - They shall ensure that any player showing signs or symptoms of a concussion is removed from participation/competition immediately.
 - Any athlete that is suspected of sustaining a concussion shall be removed from participation for 24 hours.
 - They will not allow athletes to return to play until they have written clearance from a Qualified Health Care Provider trained in the evaluation and management of concussions.
 - 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 ever 3 years
 - The Qualified Health Care Provider who has cleared the athlete must provide the Utah Youth Soccer Club with a statement that they are trained in the evaluation and management of concussions.
 - Optimally, all athletes should progress through the "Suggested Return to Play Protocol" on the Return to Play Clearance form before returning to play, but athletes may return to play without completing the protocol if indicated by a Qualified Health Care Provider.

- **Coaches:**

- 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.

- **Parents/Legal Guardians:**

- Shall annually review, sign, and return to the Utah Youth Soccer Club in which their child play for, an informed consent form on concussion prior to the youth athlete's initiating practice or competition.

- **Athletes:**

- Shall annually review, sign and return to the Utah Youth Soccer Club in which they play for, an informed consent form on concussion prior to initiating practice or competition.
- Shall inform a coach or parent if they, or a teammate, exhibit any signs or symptoms of a concussion.