

Hampton Youth Soccer

Concussion Protocol

Concussion: a traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases.

Hampton Youth Soccer (HYS) Position: HYS is committed to the safety and well-being of its players and takes concussion evaluation very seriously. It has been proven by many professionals that concussions can have long-term effects and consequences, especially if untreated. HYS encourages its coaches, players, and parents to err on the side of caution and take measures if a possible concussion is ever suspected.

Referee Responsibility: If game play results in an impact to a child's head or neck area, whether from a body part, game ball, or impact with the ground, goal, or other object, the referee shall halt game play immediately to have the child evaluated by his/her coach(es) for possible concussion. This game halt shall be an injury timeout and does not contribute to total game play time.

Coach and Assistant Coach Responsibilities: During a game or practice, after an impact event, the coach(es) shall evaluate the child for possible concussion symptoms and signs per the following protocol. If *any* signs of possible concussion have occurred, coach(es) will:

- Immediately remove the child from practice or game play and will not allow the child to resume play for the duration of the game/practice.
- Fill out the Possible Concussion Notification form and ensure it is delivered directly into the hands of the parent(s) or child's responsible adult.
- If no responsible adult is present for the child at the time of the incident, will try all efforts to immediately contact the responsible adult(s).
- If signs indicate emergency treatment is needed, if adult(s) are not able to be contacted for transport to the emergency room, coach(es) will be authorized to call 9-1-1 for emergency response.

PROTOCOL

Step 1: Did a Concussion Occur?

After each event, coaches will evaluate the player and note if any of the following signs and/or symptoms are present:

- Dazed look or confusion about what happened
- Memory difficulties (ask the player to recall their name, age, address, what day it is, etc.)
- Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise, or sensitivity to sounds.
- Short attention span - can't keep focused.
- Slow reaction time, slurred speech, lagged body movements, fatigue, or slowly answering questions or difficulty answering questions.
- Abnormal physical and/or mental behavior
- Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

Step 2: Is Emergency Treatment Needed?

If any of the following scenarios are present, it will indicate that emergency treatment is required and the coach(es) should take actions to treat it as such:

- Spine or neck injury or pain
- Behavior patterns change, unable to recognize people/faces, less responsive than usual
- Loss of consciousness, either at the time of the event or after the event
- Headaches that get worse instead of better
- Seizure(s)
- Very drowsy, wants to sleep, or can't be kept awake
- Repeated vomiting (more than once at time of event)
- Increasing confusion or irritability
- Weakness or numbness in arms or legs

Step 3: Possible Concussion

If a possible concussion has occurred (Step 1) but does not require emergency treatment (Step 2), the following should be done:

- Remove player from any further play or practice
- Notify parents or responsible adults to come get the player
- Fill out the Possible Concussion Notification form:
 - Fill out in duplicate – one to be kept by the coach, one to be given to the player's responsible adult
 - If the player is able to do so, have them sign and date the form. If they cannot sign, note on the player's signature line, "Unavailable"
 - Have the player's parent/responsible party sign both forms
- Coach must immediately notify their HYS League Rep and/or the HYS board of a possible concussion and detail the circumstances, symptoms, and actions taken, and submit their form to their League Representative as soon as possible.

Diagnosed Concussion

If any player is diagnosed with a concussion, they are banned from any further practice or play until HYS receives a written release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management. Coach must take the written release and submit to the HYS League Representative to be attached and filed with the original Possible Concussion Notification form.

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Possible Concussion Notification

(To be filled out in duplicate; copy 1 to parent/guardian and copy 2 to be filed with HYS Board)

Today's Date: _____ / _____ / _____

Event: (circle one) Practice Game Other

Today, _____ (player's name) received a possible concussion during practice or competition. Hampton Youth Soccer (HYS) want to make you aware of this possibility and signs and symptoms that may arise which may require further evaluation and/or treatment.

It is common for a concussed child or young adult to have one or many concussion symptoms. There are four types of symptoms: physical, cognitive, emotional, and sleep.

If your daughter or son starts to show signs of these symptoms, or there any other symptoms you notice about the behavior or conduct of your son or daughter, you should consider seeking immediate medical attention:

- Memory difficulties
- Neck pain
- Sensitive to light or noise
- Headaches that worsen
- Odd behavior
- Repeats the same answer or question
- Vomiting
- Fatigued
- Focus issues
- Irregular sleep
- Slow reactions
- Seizures
- Irritability
- Weakness/numbness in arms/legs
- Slurred speech
- Less responsive than usual

Please take the necessary precautions and seek a professional medical opinion before allowing your daughter or son to participate further. Until a professional medical opinion is provided, please consider the following guidelines:

- Refrain from participation in any activities the day of, and the day after, the occurrence.
- Refrain from taking any medicine unless (1) current medicine, prescribed or authorized, is permitted to be continued to be taken, and (2) any other medicine is prescribed by a licensed healthcare professional.
- Refrain from cognitive activities requiring concentration cognitive activities such as TV, video games, computer work, and text messaging if they are causing symptoms.

If you are unclear and have questions about the above symptoms, please contact a medical doctor or doctor of osteopathy who specializes in concussion treatment and management.

Please be advised that a player who suffers a concussion *may not return to practice or play* until there is provided a signed written clearance from a medical doctor or doctor of osteopathy who specializes in concussion treatment and management. Please notify the HYS coaches/board if your player is diagnosed with a concussion.

CONFIRMATION:

Coach(es) Name(s): _____

League: (circle one) **PreK-1** **2-4** **5-8**

Player Name: _____ **Gender:** _____

Player Signature: _____ **Date:** _____

Parent/Legal Guardian Signature: _____ **Date:** _____

Coach Signature: _____ **Date:** _____

By writing my name and date, I confirm that I have been provided with, and acknowledge that, I have read the information contained in the Form.