



HEAD INJURY GUIDELINES AND PROCEDURES

Policies for the management of concussion and head injury in youth soccer

Beginning with State and Open Cup 2010, the new policy requires that:

- i. An informed consent must be signed annually by parents and youth athletes acknowledging the risk of head injury prior to practice or competition
- ii. A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – “when in doubt, sit them out”
- iii. A youth athlete who has been removed from play **must receive written clearance from a licensed health care provider prior to returning to play**
- iv. The referee will note on the game card a player being removed due to head injury. The Site Director will pull the player pass and advise the coach or team manager the player pass has been pulled and will require written release before being allowed to play in any further games.

COACHES:

- i. Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
- ii. Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

PARENTS/GUARDIANS:

- i. Shall annually review, sign and return to the Arizona Youth Soccer Club in which their child plays for, an informed consent form on concussion and head injury prior to the youth athlete's initiating practice or competition. This informed consent form can be found by clicking www.azyouthsoccer.org, forms section.

ATHLETES:

- i. Shall annually review, sign and return to the Arizona Youth Soccer Club in which they play for, an informed consent sheet on concussion and head injury prior to initiating practice or competition.
- ii. Athletes are encouraged to notify a coach if they or a teammate exhibit signs or symptoms of a concussion/brain injury.

What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?

- i. Medical Doctors (MD)
- ii. Doctor of Osteopathy (DO)
- iii. Advanced Registered Nurse Practitioner (ARNP)
- iv. Physicians Assistant (PA)
- v. Licensed Certified Athletic Trainers (ATC)

Research is currently being done to determine which other licensed health care providers may have sufficient training to qualify to authorize return to play.