

# US Adult Soccer Association Concussion Policy



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury - or TBI - caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

## CONCUSSION SIGNS AND SYMPTOMS

**A player experiencing any signs or symptoms below may have suffered a concussion.**

### Signs of a Concussion

- Appears dazed or stunned.
- Appears confused about assignment
- Forgets plays.
- Unsure of game, score or opponent.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can't recall events prior to or after the hit or fall.

### Symptoms of a Concussion

- Headache or pressure in the head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- Concentration or memory problems.
- Feeling sluggish, hazy, foggy or groggy.

## CONCUSSION ACTION PLAN

### Step 01

Identify the concussion or possible concussion.

### Step 02

Remove the athlete from play.

### Step 03

The incident should be documented within the PH Rehab Application

### Step 04

Ensure the athlete is evaluated immediately by an appropriate health care professional.

### Step 05

Only allow the athlete to return to participation after he or she has provided a medical clearance by an appropriate health care professional and execute the USASA's return-to-play procedure.

### Step 06

Once you have received the medical clearance upload it within the PH Rehab System and updated the athletes participation status.

# CONCUSSION RETURN TO PLAY GUIDELINES:

A participant who is suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from practice, play or competition at that time based on evaluation and determination by the Head Coach. However, if an official licensed athletic trainer or other official qualified medical professional is on site and available to render such evaluation, that person shall always have final authority as to removal or return to play of the participant.

It is important the incident is documented within the PH Rehab Application once the evaluation has been completed and the athlete has been suspected of a concussion.

When an official licensed athletic trainer or other official qualified medical professional is not present, the final authority on removal of a participant shall rest with the league president, or the top ranking head coach or assistant head coach; whomever is present and highest in the USASA chain of command.

Any USASA participant who has been removed from practice, play or competition due to a head injury or suspected concussion may not return to USASA activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives written clearance to return to play from that licensed practitioner.

In the absence of an official licensed athletic trainer or other official qualified medical professional, USASA recommends that all decisions be made in the best interest of the athlete and that when any doubt exists as to the health of the participants, they sit out.

Once you have received the medical clearance upload it within the PH Rehab System and updated the athletes participation status.

