

## **HMMS Concussion Policy**

**Definition of a 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. Concussion results in a constellation of physical cognitive, emotional, and sleep related symptoms. Signs or symptoms may last from several minutes to a day, weeks or even longer in some cases. Concussions have been mistreated and misdiagnosed for years.

Eastern Pennsylvania Youth Soccer (EPYS) approved a policy on Concussion Procedure and Protocol. EPYS adopted the Pennsylvania Safety in Youth Sports Acts signed into law in 2011, to help address the issue. See the link below for their procedure and protocol.

[www.epysa.org/assets/947/15/EPA\\_Policy\\_on\\_Concussion\\_Procedure\\_and\\_Protocol.pdf](http://www.epysa.org/assets/947/15/EPA_Policy_on_Concussion_Procedure_and_Protocol.pdf)

The US Center for Disease Control and Prevention has established the HEADS UP: Concussion in Youth Sports Program and Tool Kit to provide training to coaches, athletes, and parents regarding concussions.

**HMMS Youth Soccer**, an affiliate member of Eastern Pennsylvania Youth Soccer, has adopted a concussion policy in order to provide a safe playing environment for its athletes. It will provide educational materials to their members including but limited to coaches, players, and parents. Materials may be in electronic or traditional formats. Our club will educate and test all coaches via options available by the Center for Disease Control (CDC). HMMS will be responsible for the enforcement of these procedures. The testing and education of our coaches, players, and parents will fall under the direction of the Club Concussion Officer.

There are 4 basic steps:

1. Educating and certifying all of the coaches annually.
2. Educating all of the parents and players participating in our program annually.
3. Complying with the return to play protocol as set forth in the policy, always.
4. Annual certification of compliance.

Compliance is the club's responsibility. Each year, a Club Concussion Officer will certify that our club is in compliance. There is a form that will be signed by the officer and submitted to the EPYS office in October each year.

### **Pre-Season Requirements**

Coaches are required to take the free CDC online training course, Concussion Training for Coaches (which takes approximately 30 minutes) for the 2013/2014 season and every year thereafter. **There is a certificate issued at the completion of the course which must be turned into the Club Concussion Officer.** Submission of the certificate is required for all head coaches and assistant coaches. Click the "Launch the Training Course" link below.

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

Players and parents may take the course for their own information. Parents and players are required to sign off on a concussion education fact sheet, developed by the CDC and available on their website at: [www.cdc.gov/concussion/headsup/pdf/Parent Athlete Info Sheet-a.pdf](http://www.cdc.gov/concussion/headsup/pdf/Parent_Athlete_Info_Sheet-a.pdf)

The player and parent concussion fact sheet will be part of the registration packet each year. It will be required to complete annually. All players and parents will be required to complete and return it prior to the fall season and all new players/players each spring will be required to complete and return the form to the team manager.

### **Season Requirements**

Any player exhibiting the signs or symptoms of a concussion or traumatic brain injury while participating in a sanctioned soccer activity (practices, training, games, tournaments, and scrimmages) shall be removed by the coach from participation at that time. In addition, coaches should not allow a child to participate if they are aware of a concussion received from another activity, outside of their direct authority.

The same day of the injury, the head coach will complete the “**Possible Concussion Notification**” form (link below) providing page 1 immediately to the parents and page 2 to the Club Concussion Officer within 24 hours of the incident.

[http://www.epysa.org/assets/947/15/Concussion\\_Notification\\_Form\\_11-20-12\\_.pdf](http://www.epysa.org/assets/947/15/Concussion_Notification_Form_11-20-12_.pdf)

The Club Concussion Officer will submit page 2 to EPYS within 48 hours of receipt of the form.

The coach shall not return the player to soccer participation until the player is evaluated and cleared for return to participation in writing by a licensed physician who is trained in the evaluation and management of concussions or a licensed or certified health care professional trained in the evaluation and management of concussions and designated by such licensed physician.

The coach must notify the Club Concussion Officer by phone or email that the player has been released to play and must submit the written clearance to the Officer immediately upon receipt.

### **Disciplinary Action for Violating the Concussion Policy**

In accordance with the bill, HMMS Youth Soccer shall institute minimum penalties for a coach found in violation of the policy.

1. For a first violation, suspension from coaching for the remainder of the season.
2. For a second violation, suspension from all soccer activity for the remainder of the season and for the next season.
3. For a third violation, permanent suspension from all soccer activity.

HMMS Youth Soccer will use an Executive Board hearing to review and enforce punishment for violations of the policy with the coach in question. The disciplinary action is put in place by EPYS and will be followed by our club in an effort to keep our players safe.