



In an effort to support the health and wellness of our players, we are excited to announce a new initiative in conjunction with The Athletic Training Room (ATR) www.theathletictrainer.com. ATR provides a full suite of services to athletes of all ages in areas such as rehabilitation, injury treatment, and soft-tissue therapy. They also offer educational opportunities to athletes, parents, and coaches.

Our partnership with ATR will offer baseline concussion testing to all 11U-19U players at no charge. The Ames Soccer Club, with guidance from US Soccer has always taken concussion prevention and management seriously, and while concussions are rare within our club, we want to make sure that we are doing everything we can do to make player safety a top priority.

Michael Donahue, owner of ATR, will be onsite (detailed schedule listed below) at HYSC to administer SCAT3 (Sport Concussion Assessment Tool). The SCAT3 is a standardized tool for evaluating injured athletes for concussion. It can also be used for baseline testing in order to interpret post-injury scores. Once each of our players has completed baseline testing with Michael, these results will be given to the Ames Soccer Club for use during the season if a player is thought to have a head injury. The SCAT3 is only intended to be reviewed by a trained medical professional in order to determine if a player has likely suffered a concussion. The baseline SCAT3 for each player will only be made available when a medical professional is on site, such as

during tournament weekends. Though it should be noted that no player will be able to re-enter a game should a head injury be suspected. SCAT3 tests could be used to determine eligibility next day, should a player be symptom free. Additionally, should a player receive a head injury or have concussion-like symptoms, the SCAT3 results will be made available to families in order to work with their regular physician in assessing the injury and making decisions about how and when the player will return to full activity.

Baseline testing is something that the local High Schools in the area have already started to do with athletes, but it has not taken off at the club level. This bold initiative will make our club the first in the state to offer such testing and we hope that others clubs will follow our lead. Dr. Laura Hufford, member of the Ames Soccer Club Board of Directors is supportive of the Club's efforts to enhance player safety. "I am a strong believer in baseline assessment for athletes at risk of concussion (high impact sports) and think this would be a great service to offer our players," said Dr. Hufford.

"Iowa Soccer takes player safety seriously and has had Michael covering our tournaments and D. Camp for many years. He has always handled the evaluation of possible head injuries professionally and competently, and falls on the side of caution. He has long been interested in providing this baseline testing service to our member clubs and will do a great job," said Jenny Wood, Director of Marketing and Communications. "Last fall we implemented our new Concussion Management Policy that requires a coach education component in addition to outlining the conditions under which a player with a head injury may return to play. We commend Ames Soccer Club for being proactive in offering free baseline testing for its members!"

Testing will begin next week and will be done during the Monday and Thursday training sessions. Testing stations will be set up in different areas of the complex to allow players to be tested before, during or after training sessions.