

Concussion Procedure and Protocol Info Form for US Youth Soccer Events

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.

CONCUSSION SIGNS, SYMPTOMS, AND MANAGEMENT AT TRAINING AND COMPETITIONS

Step 1: Did a concussion occur?

Evaluate the player and note if any of the following signs and/or symptoms are present:

- 1. Dazed look or confusion about what happened.
- 2. Memory difficulties.
- 3. Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds.
- 4. Short attention span. Can't keep focused.
- 5. Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
- 6. Abnormal physical and/or mental behavior.
- 7. Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

Step 2: Is emergency treatment needed?

This would include the following scenarios:

- 1. Spine or neck injury or pain.
- 2. Behavior patterns change, unable to recognize people/places, less responsive than usual.
- 3. Loss of consciousness.
- 4. Headaches that worsen
- 5. Seizures
- 6. Very drowsy, can't be awakened
- 7. Repeated vomiting
- 8. Increasing confusion or irritability
- 9. Weakness, numbness in arms and legs

Step 3: If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

- 1. Balance, movement.
- 2. Speech.
- 3. Memory, instructions, and responses.
- 4. Attention on topics, details, confusion, ability to concentrate.
- 5. State of consciousness
- 6. Mood, behavior, and personality
- 7. Headache or "pressure" in head
- 8. Nausea or vomiting
- 9. Sensitivity to light and noise

Players shall not re-enter competition, training, or partake in any activities for at least 24 hours. Even if there are no signs or symptoms after 15-20 min, activity should not be taken by the player.

Step 4: A player diagnosed with a possible concussion may return to US Youth Soccer play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management.

Step 5: If there is a possibility of a concussion, do the following:

- 1. Complete the US Youth Soccer Concussion Notification Form (On USYouthSoccer.org under Downloads and Forms) to be filled out and signed by a team official of the player's team.
- 2. If the player is able to do so, have the player sign and date the Form. If the player is not able to sign, note on the player's signature line "unavailable".

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- 3. If a parent/legal guardian of the player is present, have the parent/legal guardian sign and date the Form, and give the parent/legal guardian one of the copies of the completed Form. If the parent/legal guardian is not present, then the team official is responsible for notifying the parent/legal guardian ASAP by phone or email and then submitting the Form to the parent/legal guardian by email or mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically.
- 4. The team official must also get the player's pass from the referee, and attach it to the copy of the Notification Form retained by the team.

References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. http://www.csmfoundation.org/Kissick - return to play after concussion - CJSM 2005.pdf. April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82. http://www.nfhs.org. April 21, 2011.