



# Utah Youth Soccer Association

## Concussion Management Policy



### Action Plan for Head Injuries:

- UYSA has adopted these policies for the management of concussions in youth soccer. Any player showing signs or symptoms of a concussion shall be immediately removed from participation/competition.
- All UYSA players sustaining or suspected of sustaining a traumatic brain injury **MUST** use the UYSA Concussion Clearance Form in order to return to play.
- UYSA will not allow any athlete who has sustained or is suspected of sustaining a traumatic brain injury to return to play until UYSA has received a UYSA Concussion Clearance Form for that athlete bearing the signature of a Qualified Health Care Provider.
- A Qualified Health Care Provider is someone who meets the following requirements:
  - Licensed in the state of Utah under the Division of Occupational and Professional Licensing Act
  - May evaluate and manage a concussion within the health care provider's scope of practice
  - Successfully completed a continuing education course in the evaluation and management of a concussion within 3 years.

### Appropriate Clearance of Head Injuries:

- UYSA will follow these guidelines for managing concussions or suspected concussions in youth soccer.
- The Qualified Health Care Provider who has cleared the athlete must provide a statement that they are trained in the evaluation and management of concussions.
- Optimally, all athletes should progress through the Return-To-Play Protocol (R.T.P.P) on the UYSA Concussion Clearance Form before returning to play, but athletes may return to play without completing the protocol if indicated on the UYSA Concussion Clearance Form by a Qualified Health Care Provider.
- The UYSA Concussion Clearance Form must be returned to the appropriate administration before final clearance is granted.
- The Appropriate Administration is the person(s) responsible for the clearance information depending on the event in which they were injured.
- UYSA Administrative Staff is administratively responsible for the clearances of head injuries that occur during a UYSA-hosted event. A UYSA-hosted event is defined as:
  - Spring State Cup Tournament
  - Fall State Cup Tournament
  - Presidents Cup Tournament
  - Coyote Cup Tournament
  - All State Select/ODP Events
  - US Youth Soccer Region IV and National Events
- Club, Independent and Recreational teams are administratively responsible for the clearance of head injuries that occur during a UYSA non-hosted event. A UYSA non-hosted event is defined as none of the events listed above as a UYSA-hosted event, and may include, but are not limited to, the following events:
  - Regular season play
  - Practices, scrimmages, tryouts, and camps

- Club-hosted events and tournaments

Coaches Requirements:

- Shall be educated as to the nature and risk of concussions including continuing to play after a concussion or head injury. This education shall include signs and symptoms of concussions. Education materials are available below at no charge.
- Shall educate their athletes on the signs and symptoms of concussions and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
- Shall immediately remove any athlete from participation/competition who is suspected of sustaining a concussion.
- Shall not allow an athlete who has been removed from play because of a suspected concussion to return to play until the athlete has received written clearance from a Qualified Health Care Professional trained in the evaluation and management of concussions.

Parents/Legal Guardian Requirements:

- Shall annually review, sign, and return the informed consent form to the Utah Youth Soccer Club for which their child plays before their child participates in any practice or competition. Their signature acknowledges that they have read, understood, and agreed to abide by the UYSA Concussion Policy and UYSA Concussion Clearance Form.

Athlete Requirements:

- Shall annually review, sign and return to the Utah Youth Soccer Club for which they play, an informed consent form on concussion prior to initiating practice or competition.
- Shall inform a coach or parent if they, or a teammate, exhibit any signs or symptoms of a concussion.
- The athlete may not return to play until he or she has been evaluated by and received written clearance to resume participation from a qualified health care provider who is trained in the evaluation and management of a concussion within the health care provider's scope of practice in accordance with this policy.

I have read and agree to the UYSA Concussion Management Policy.

\_\_\_\_\_  
Player's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date