

# What is Needed to be in Compliance

## Utah Youth Soccer Associations and Clubs:

- Shall adopt policies for the management of concussions in youth soccer. Shall ensure that all coaches (paid or volunteer) are educated in the nature and risk of concussions prior to the first practice/competition. This education shall include signs and symptoms of concussions. Resources for this education are available below in both English and Spanish. Shall annually require all players and the parent(s)/guardian(s) of those players to sign and return an informed consent form relating to the nature and risk of concussions. This information sheet shall include the signs and symptoms of concussions and can be found on the UYSA website on the Risk Management page. Shall ensure that any player showing signs or symptoms of concussion is removed from participation/competition immediately, and not allowed to return to play until they have written clearance from a licensed health care provider trained in the evaluation and management of concussion.

## COACHES:

- Shall be educated as to the nature and risk of concussion including continuing to play after 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 concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms. Shall immediately remove from participation/competition any athlete who is suspected of sustaining 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 licensed health care provider trained in the evaluation and management of concussion.

*Review a coach's resource packet found on UYSA website under Risk Management page.*

## PARENTS/GUARDIANS:

- Shall annually review, sign and return to the Utah Youth Soccer Club in which their child plays for, an informed consent form on concussion prior to the youth athlete's initiating practice or competition. This informed consent form can be found by clicking here.

*Review a parents/guardians resource packet found on UYSA website under Risk Management page.*

## ATHLETES:

- Shall annually review, sign and return to the Utah Youth Soccer Club in which they play for, an informed consent sheet on concussion prior to initiating practice or competition.

Athletes are encouraged to notify a coach if they or a teammate exhibit signs or symptoms of a concussion.

*Review an athlete's resource packet found on UYSA website under Risk Management page.*

### **Qualified Health Care Providers**

A qualified health care provider is someone who meets all of the following requirements:

- a. A health care provider who is licensed in the state of Utah under the Division of Occupational and Professional Licensing Act
- b. May evaluate and manage a concussion within the health care provider's scope of practice
- c. Successfully completed a continuing education course in the evaluation and management of a concussion every three years