

Concussion Procedure and Protocol for UFA Soccer Events

Concussion definition: 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 Camps, Clinics, Practices, Games, and Other Soccer-Related Activities

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 immediate 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 immediate emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 minutes 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 minutes, activity should not be taken by the player.

Step 4: If there is a possibility of a concussion, do the following:

- (1) The Concussion Notification Form is to be filled out in duplicate and signed by a team official of the player’s team.
- (2) Have the parent/guardian sign and date the Form, and give the parent/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/guardian ASAP by phone or email and then submitting the Form to the parent/guardian by email or mail. When the parent/guardian is not present, the team official must make a record of how and when the parent/guardian was notified. The notification will include a request for the parent/guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically.

Step 5: Return to Activity

A player diagnosed with a possible concussion may return to UFA activities only after their parent or guardian provides a signed authorization to the coach. Coach will forward the form to the UFA office for filing.