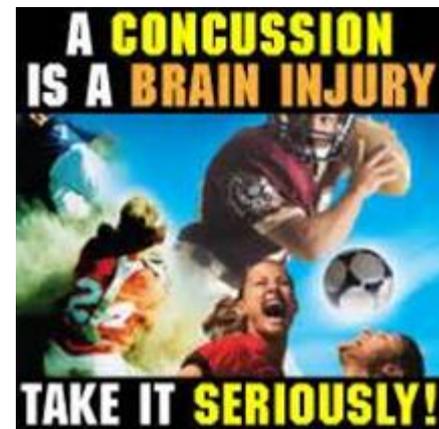


Signs and symptoms of a concussion

Physical	Headaches, fatigue, balance problems, dizziness, nausea/vomiting, blurry vision, double vision, nystagmus, sensitivity to light or noise
Cognitive	Confusion, amnesia, disorientation, loss of consciousness, feeling in a fog or zoned out, inability to focus, delayed verbal or motor responses, slurred speech
Emotional	Irritability, reacting out of proportion to the situation, sadness, depression, nervousness
Sleep Changes	Excessive sleepiness, restless sleep, decreased sleep, shifted sleep cycle



Observation and Action

- **If the athlete shows signs or symptoms of a concussion – remove them from play immediately**

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or “pressure” in head
Confused about assignment/position	Balance problems or dizziness
Forgets sports plays	Double or blurry vision
Is unsure of game, score, or opponent	Sensitivity to light
Moves clumsily	Sensitivity to noise
Answers questions slowly	Feeling sluggish, foggy, or groggy
Loses consciousness (even briefly)	Concentration or memory problems
Shows behavior/personality changes	Confusion
Can’t recall events prior or after hit	Does not “feel right”
Source: CDC	



“When in Doubt, Sit’em Out!”

- **Do not allow the athlete to return to play until an evaluation occurs**
- **If your athlete is diagnosed with a concussion, follow the return to play protocol when they are symptom free.**

<http://www.cdc.gov/>

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NVSC Concussion education

Aug. 25, 2016

Soccer Return to Play Plan

Stage	Activity	Soccer Specific Exercise	Objective of the stage
1	<ul style="list-style-type: none"> No physical activity; Complete physical and cognitive rest. 	<ul style="list-style-type: none"> No activity 	<ul style="list-style-type: none"> Recovery and elimination of symptoms
2a	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10-15 min of walking at home or at field, or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom return
2b	<ul style="list-style-type: none"> Moderate aerobic activity Light resistance training 	<ul style="list-style-type: none"> 20-30 min jogging, resistance training - body weight squats and push-ups 1 set of 10 reps each 	<ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return
3	<ul style="list-style-type: none"> Non-contact soccer specific drills 	<ul style="list-style-type: none"> Inside/inside, top tapping the ball, dribbling in a straight line, dribbling around cones, chipping, goal-keeper punts, goal-keeper catches, long and short passing (inside foot and instep), shooting, volley 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Introduce rotational head movements Monitor for symptoms

Soccer Return to Play Plan Cont.

Stage	Activity	Soccer Specific Exercise	Objective of the stage
4	<ul style="list-style-type: none"> Limited contact soccer drills 	<ul style="list-style-type: none"> Ball tossed headers from knees (progress to standing then jumping), goalkeeper dives from knees (progress to standing), 1 on 1 (progress to 2 on 2, 3 on 3, etc.) 	<ul style="list-style-type: none"> Add deceleration/rotational forces in controlled setting Monitor for symptoms
5	<ul style="list-style-type: none"> Full practice (after medical clearance) 	<ul style="list-style-type: none"> Normal training activities 	<ul style="list-style-type: none"> Reassess for symptoms every 30 minutes throughout the practice Monitor for symptoms
6	<ul style="list-style-type: none"> Return to Play 	<ul style="list-style-type: none"> Normal game play 	<ul style="list-style-type: none"> Assess frequently Monitor for symptoms

- Progression to the next stage may occur every 24 hours as long as symptoms do not return.
- It is recommended that you seek further medical attention if you fail more than 3 attempts to pass a stage.
- Player may not return to any athletic activity of the club until a licensed healthcare provider has provided the club with written clearance for the player participant to resume such activities.
- A “licensed healthcare provider” means a physician, physician assistant, osteopath physician, or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.