

# NVSC Concussion Management Policy



This policy, adopted by the Board of Directors of the Northern Virginia Soccer Club, sets forth requirements for our Coaches, Managers, Club Staff, Parents and Players to follow.

Northern Virginia Soccer Club (NVSC) recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. The Policy is intended to provide easy-to-understand guidelines related to players who have been diagnosed with or are suspected of having a concussion.

## Objectives:

1. Reduce concussion risks for participants in NVSC activities;
2. Increase awareness of concussion risks, concussion effects, and their proper management for participants in NVSC programs;
3. Comply with Virginia State law, which requires youth sports programs utilizing public school properties to establish policies and procedures regarding the identification and handling of suspected concussions in youth athletes.

## Coaches and Technical Training Staff\*

- At the beginning of each season, NVSC will host a coaches' meeting for the select and recreational coaches (to be held individually by the respective BOD Directors), which will include concussion training and a review of the NVSC Policy. At this meeting, coaches will acknowledge receipt of concussion training and informational materials. Coaches not attending the meeting will be required to arrange for concussion training prior to the start of NVSC activities. This training acknowledgement will be held by NVSC for a period of 7 years.
- At the pre-season meetings, and prior to each season, all Coaches will be given a copy of CDC's "*Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches*" document or a similar document to be approved by NVSC.
- Coaches and staff, on their own time, are recommended to watch in its entirety, one of the following two educational videos \*\*:
  - "*Concussion in Sports – What you Need to Know*" developed by The National Federation of State High School Associations (NFHS). [Click here for the video](#) (users must create account)
  - "*Heads Up: Concussion in Youth Sports Online Concussion Training*" Centers for Disease Control and Prevention (CDC). [Click here for the video](#)
- Concussions rarely (less than 10% of occurrences) involve loss of consciousness. However, in the event of loss of consciousness the Coach will call 911 or will instruct another adult to call 911.
- When, during a session, a Player is suspected of having a concussion the Coach will remove the Player from the session and will not allow the player to return to play for the remainder of the session. The Coach will keep the Player out even if the Player insists, "I'm OK now, Coach". Once a player has been removed and suspected to have concussion symptoms, that player may not return to NVSC activities until written notice from a physician is provided to the NVSC Secretary clearing the player to resume activities.
- The Coach will inform the Player's Parent or guardian of the Player's symptoms as soon as possible. Ideally, the Parent will be notified immediately.
- The Coach will inform the NVSC Secretary and the respective League Director that a player was removed for the possibility of a concussion. (Recreational coaches should inform the Recreational Director; Select coaches should inform the Select Director and their Director of Coaching.)
- If a player is diagnosed with a concussion, the player will only be able to return with a written release from a physician. The written notice to return to play must be provided to the NVSC Secretary, not the coach. If a written release is provided to the coach, the coach must ensure that the written document is provided to the NVSC Secretary prior to the player resuming NVSC activities and for keeping on file for a period of not less than 7 years.
- When the Player returns for a future session if, based on the Coach's understanding of concussion symptoms, the Coach suspects the player is still exhibiting symptoms, the Coach will keep the player from the activity.

\* “Coaches” means all paid and volunteer Head Coaches, Assistant Coaches, and Training Staff

## Parents

- When a Parent registers their Player they will be required to check a box agreeing to the following: “If my child is diagnosed with a concussion during an NVSC activity or during ANY OTHER ACTIVITY including those outside of NVSC, or if my player has a prior head injury, I will inform the NVSC Secretary and my child’s Coach of such diagnosis prior to the start of the season or before my child returns to play.” This acknowledgement will be kept on file at NVSC for 7 years.
- At the start of each season, Parents will receive an e-mail from NVSC that includes:
  - A brief explanation of our policy and the importance of the Parent’s role in understanding it.
  - A link to the Policy on the NVSC web site
  - A link to CDC’s “*Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents*” document or a similar document to be approved by NVSC.
  - A link to each of the two approved education videos mentioned above.
- When a player is diagnosed with a concussion, that player will be unable to participate in NVSC activities until a written release is provided to the NVSC Secretary by a physician. The parent can provide this directly to the club. The NVSC Secretary will inform the coach regarding the player status.

## Players

- All Players U10 and older will be given a copy of CDC’s “*Heads Up: Concussion in Youth Sports, A Fact Sheet for Players*” document.
- All Players U12 and older will be recommended to watch the CDC approved education videos listed above.

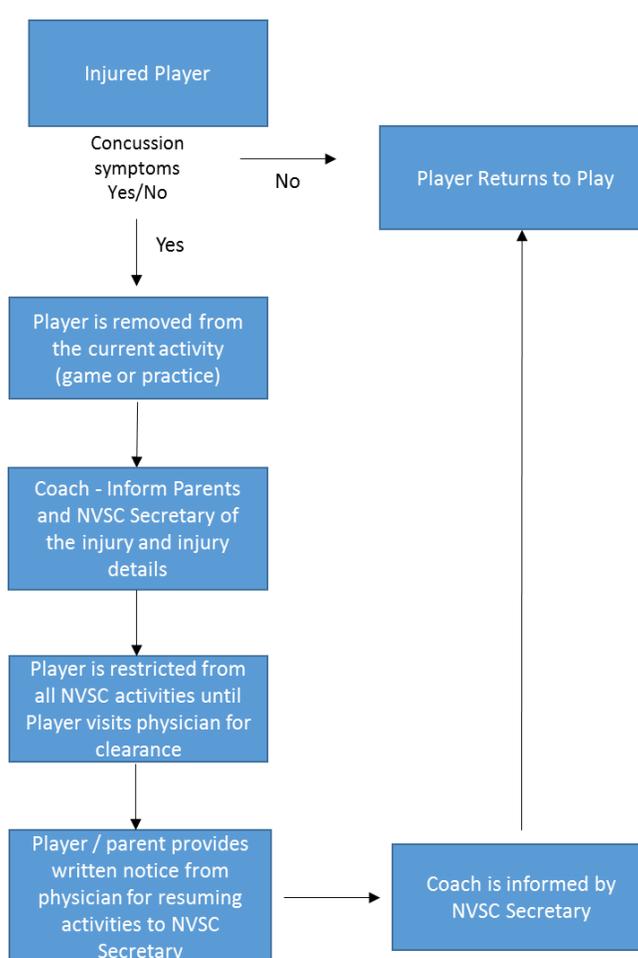


Figure 1. Concussion Protocol Flow Chart

CDC fact sheets for coaches, parents, and athletes can be found at:

[http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion\\_fact\\_sheet\\_coaches.pdf](http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_coaches.pdf)

[http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion\\_fact\\_sheet\\_for\\_parents.pdf](http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf)

[http://www.cdc.gov/headsup/pdfs/youthsports/athletes\\_eng.pdf](http://www.cdc.gov/headsup/pdfs/youthsports/athletes_eng.pdf)

*This policy will be reviewed and updated as required to provide the most current information regarding concussions. This policy is effective starting the Fall 2016 season.*