

Greater Longview Soccer Association Concussion Policy

Greater Longview Soccer recognizes the potential danger and long-term health consequences of this often difficult form of traumatic brain injury. This Policy is intended to provide easy-to-understand guidelines related to players who have been diagnosed with or suspected of having a concussion.

Any rostered person who exhibits signs, symptoms or behaviors consistent with a concussion such as loss of consciousness, headache, dizziness, confusion, or balance problems, shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. A written release must be delivered to the Greater Longview Soccer Office Administrator, who will notify the coach that the rostered person has been cleared to return to the team.

Education is the key to identifying and treating student-athletes who show signs of a concussion during athletic participation. It is very important that every board member, coach, parent, official, athletic and health-care professional know the symptoms and steps to take when dealing with student-athletes that display signs of a possible concussion. Concussions can be a serious health issue and should be treated as such.

The Policy is for Coaches, Parents, Players, Board Members and Commissioners but is to be shared with any other adults or participants in Greater Longview Soccer.

Coaches*

Coaches, on their own time, will watch in its entirety one of the following educational videos annually:

- *“Heads Up: Concussion in Youth Sports Online Concussion Training”* Centers for Disease Control and Prevention (CDC). **This is preferred video. It can be found in your Got Soccer coaches account.**
- *“Concussion in Sports - - What you Need to Know”* developed by The National Federation of State High School Associations (NFHS). This video is offered if you want to learn more about concussions. This course may be accessed at www.nfhslearn.com .
- When a coach has viewed the *“Heads Up”* video through their Got Soccer Account, their account will reflect the completion.
- Before each season, all Coaches will be given a copy of CDC’s *“Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches”* document. This document must be at all practices and games.
- Coaches will also be given a copy of *“Concussion Care, Recognition and Treatment”* from the Texas Health, Ben Hogan Sports Medicine Concussion Center before every season. A copy of this document must be at all practices and games.
- Though a rare occurrence, if a player becomes unconscious during a practice or game, the Coach will call 911 or will instruct another adult to call 911.

- If a Player becomes unconscious or is suspected of having a concussion during practice or a game, the Coach will remove the player from the activity for the remainder of the practice or game. The Coach will keep the Player out even if the player insists *“I’m OK now, Coach.”*
- The coach will inform the Player’s Parents or guardian of the Player’s symptoms as soon as possible. Ideally, the Parents will be notified immediately.
- No player who has been removed from play due to a suspected concussion shall return to practice or games until the player has been evaluated by a health care provider and receives written clearance from the health care provider for **a full or graduated return to play.**
- *“Coaches” means all volunteer Head Coaches or Assistant Coaches.*

Parents

- When a Parent or guardian registers their Player they will be agreeing to the following: *“If my child is diagnosed with a concussion during a Greater Longview Soccer Association activity or during ANY OTHER ACTIVITY including those outside Greater Longview Soccer Association, or if my player has a prior head injury, I will inform my child’s Coach of such diagnosis prior to the start of the season or before my child returns to play.”*
- At the start of each season, Parents will receive from their Greater Longview Soccer coach a **Concussion Fact Sheet for Parents:**
 - Parents will be required to sign showing they received the Fact Sheet.
- **Players**
 - All players 9U and older will receive from their Greater Longview Soccer Association coach a **Concussion Fact Sheet for Athletes.**
 - Players will be required to sign showing they received the Fact Sheet.

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