

	Battlefords Youth Soccer Inc.	NO.	2024-01
	<b>CONCUSSION MANAGEMENT POLICY</b>	EFFECTIVE DATE:	Feb. 20, 2024
		REVISION LETTER:	
		FINAL APPROVAL	<i>Resolution: APPROVED</i>

## 1.0 PURPOSE

- 1.1 The purpose of this policy is to establish guidelines for the identification, management, and return-to-play procedures for concussions within BYSI.

## 2.0 DEPARTMENT(S) AFFECTED (SCOPE)

- 2.1 Department(s) Affected: **BATTLEFORDS YOUTH SOCCER INC**

## 3.0 POLICY

### 3.1 General Guidelines:

Concussions can result from a direct blow to the head or an impact to the body causing rapid head movement.

Correct management is crucial, as incorrect management can lead to further injury.

All concussions are considered potentially serious.

### 3.2 Immediate Action:

Anyone displaying concussion symptoms must be immediately removed from playing or training.

Concussions must be diagnosed and managed by healthcare professionals within their scope of practice.

Physical and brain rest is required until symptoms resolve.

### 3.3 Assessment and Evaluation

Initial Assessment: A coach or staff member will perform an initial assessment of the suspected concussion. If concussion is suspected play is halted immediately and directed to a healthcare professional.

### 3.4 Interaction

Notification of policy and procedures are corresponded with the responsible party or legal guardian.

### 3.5 Return-to-Play Protocol

Graduated Return-to-play: Players diagnosed with a concussion will follow a gradual, stepwise return-to-play protocol as laid out on the soccer Canada website, supervised by a healthcare professional.

### 3.6 Medical Clearance:

Players must obtain written clearance from a qualified healthcare professional within their scope of practice before returning to full participation.

### 3.7 Communication:

Parents, coaches, and board members will be informed of the concussion diagnosis, management plan, and return-to-play progress.

## 4.0 DEFINITIONS

- 4.1 Concussions: A concussion is a traumatic brain injury caused by a direct or indirect force to the head, resulting in functional disturbance to the brain.

## 5.0 IMPLEMENTATION

- 5.1 Concussion management will be communicated to all members via the B.Y.S.I website.
- 5.2 Education and Training: All coaches and staff associated with BYSI will undergo mandatory concussion education and training. They will be provided with concussion recognition information documents and checklists at the start of each season.
- 5.3 Recognition and Reporting:
- a. Signs and Symptoms: Players, coaches and parents will be educated on the signs and symptoms of concussions through means of training or information provided on our website.
  - b. Reporting: Any individual suspecting a concussion must immediately report it to the coach or designated team official.
- 5.4 All concussion-related incidents will be documented, including assessment details, medical evaluations, and return-to-play progress.
- 5.5 This policy will be reviewed on a consistent basis and revised as needed to ensure compliance with current best practices and regulations.
- 5.6 Attachments:
- a. Sport concussion assessment tool
  - b. Concussion Communication form
  - c. Pocket Concussion Recognition tool

## 6.0 DOCUMENT APPROVAL

ROLE	POSITION	NAME OF THE APPROVER	DATE APPROVED
Final Approver	Battlefords Youth Soccer Inc Board of Directors	APPROVED	Feb 20, 2024

## 7.0 REVISION HISTORY

EFFECTIVE DATE	REVISION LETTER	DOCUMENT AUTHOR	DESCRIPTION OF CHANGE
Feb. 20, 2024		BYSI Board	Initial release



## CONCUSSION COMMUNICATION FORM

**Date of Injury:**

**Athlete Name:**

**Team:**

**Team Contact:**

The above athlete displayed signs, symptoms or behaviours consistent with a concussion following an observed or suspected hit to the head or body.

**Observed:**

**Not observed but reported:**

The athletes' current complaints are:

SIGNS (Observed by Others)	SYMPTOMS (Reported by Athlete)
<ul style="list-style-type: none"> <li>• Unsure about time, date, place, score, opponent</li> <li>• Seems confused</li> <li>• Cannot remember things that happened before or after the injury</li> <li>• Forgets instructions</li> <li>• Appears dazed and stunned</li> <li>• Poor coordination or balance</li> <li>• Slow to answer questions or follow directions</li> <li>• Strange or inappropriate emotions (laughing, crying, getting mad easily)</li> <li>• Poor concentration or easily distracted</li> <li>• Slurred speech</li> <li>• Any loss of consciousness</li> </ul>	<ul style="list-style-type: none"> <li>• Headache or pressure in head</li> <li>• Dizziness</li> <li>• Feels dazed, foggy or hazy</li> <li>• Nausea or vomiting</li> <li>• Double vision or blurry vision</li> <li>• Ringing in ears</li> <li>• Sensitivity to light or noise</li> <li>• Feels sluggish or fatigued</li> <li>• Problems concentrating</li> <li>• Problems remembering</li> <li>• Just doesn't feel right</li> </ul>

This athlete is suspected of having suffered a concussion and, as per the SSA Concussion Management Policy, has been removed from play. This athlete must receive follow up care from a healthcare professional. Medical clearance is required for return to activity.

Concussion symptoms differ with each person and with each injury. Signs and symptoms of concussion can show up right after the injury, or may not be noticeable for hours or days. Recovery time is variable across individuals. The athlete will need monitoring for a further period by a responsible adult. The athlete should have cognitive and physical rest. Athletes should go to the doctor immediately if they have worsening symptoms such as:

Being more confused  
 Very drowsy or can't be awakened  
 Having a seizure  
 Repeated vomiting  
 Slurred speech

Strange behaviour, irritable  
 Headache that is getting worse  
 Can't recognize people or places  
 Having trouble walking, unsteady  
 Weak or numb arms or legs

For additional information on concussion, refer to the Sports Medicine and Science Council of Saskatchewan at [www.smscs.ca](http://www.smscs.ca).

### **What is a concussion?**

A concussion is an injury to the brain. It is not an injury that can be seen. Concussion affects how the brain works. It is a functional problem not a structural problem. Like a computer, it is a problem with the software, not the hardware. It results in physical, emotional and cognitive symptoms. Concussion symptoms differ with each person and with each injury.

### **What do I do if I have a concussion?**

If you suspect you have a concussion you must see a healthcare professional. You should rest both cognitively and physically. You may be advised to not go to school, and you cannot return to physical activity until you are cleared by a healthcare professional.

- Refrain from alcohol, tobacco and caffeine
- Use medications only as prescribed by your physician
- Do not drive until medically cleared
- Get lots of rest: Cognitive
  - o Attending class may also aggravate symptoms. Return to academics with medical approval. Avoid activities that involve a lot of concentration if they exacerbate symptoms (studying, working on the computer, playing video games, texting, watching practice, reading, watching television, loud music/noises).
  - o If you are sensitive to light or noise, resting in a quiet, dark room may be helpful.
- Get lots of rest: physical
  - o Do not train or play sports without medical approval
  - o No resistance training
  - o Avoid participation in physical exercises (i.e. swimming lessons, bike riding, etc.) including physical education class until medical approval
  - o Avoid heavy lifting at work and home
  - o Limit activities to those that do not aggravate symptoms
- Be sure to report any changes in your symptoms to a healthcare professional

Most athletes will recover from a concussion in about 7-10 days, but a small percentage will take longer. You can expect that you will modify both physical activity and school while you have symptoms.

As long as you have symptoms, do not return. Once you are symptom free your health care professional will clear you to begin a return to play protocol. You will safely progress through the stages while under the supervision of your healthcare professional. Any time symptoms reappear, you will return to rest until you are symptom free again.

### **When can I return to play?**

You should not return to play the same day of injury. Upon medical clearance, you will follow the [six-step return to play guideline](#) under the direction and supervision of a healthcare professional.

For additional information on the SSA Concussion Policy please see the SSA website page [Player and Coach Safety Information](#).