

	<h2 style="color: red;">CONCUSSION POLICY</h2>	Doc. No.	BCSA-POL-005
		Rev.	0
		Originator:	D. Hawkins
		Checker	C. Craig
		Approver:	C. Craig
		Status:	Published
		Effective:	December 2023

### Policy Statement

Big Country Soccer Association believes in the health and safety of all players and fully supports the development, education, and practice of a “Concussion Management Plan” for all registered participants that aligns with Canada Soccer’s Concussion Policy as adopted by Alberta Soccer Association, and Big Country Soccer Association.

### Standards

- Annually Big Country Soccer Association will ensure players, with their parent(s)/ guardian(s) if the player is under the age of 18, are educated about the signs and symptoms of concussions and provided access to Big Country Soccer Association information on concussion management.
- Players, with their parent(s)/ guardian(s) if under the age of 18, must acknowledge that they have received information about the signs and symptoms of concussions and that they have a responsibility to report concussion-related injuries and illnesses to an independent medical professional.
- Ensure players, with their parent(s)/ guardian(s), if the player is under the age of 18, who exhibits signs, symptoms, or behaviors consistent with a concussion will be removed from athletic activities (e.g., competition, practice, or physical conditioning sessions) and assessed by an independent medical professional with experience in the evaluation and management of concussions.
- Require medical clearance for a player, with their parent(s)/ guardian(s) if the player is under the age of 18, diagnosed with a concussion to return to athletic activity (e.g., competition, practice, or physical conditioning sessions) as determined by the independent medical professional.
- Require players, with their parent(s)/ guardian(s) if the player is under the age of 18, diagnosed with a concussion to provide written evidence of medical clearance to the team’s coach and their community soccer association before returning to athletic activity (e.g., competition, practice, or physical conditioning sessions).
- Anyone with suspected concussion following an injury must be immediately removed from playing or training and receive a prompt assessment by a medical doctor or nurse practitioner.
- All Concussion Management Plans (and/ or policies) must align with Canada Soccer’s Concussion Policy and have a clear protocol on Concussion Management.
- Big Country Soccer Association requires coaches coaching at the competitive level to complete the “NCCP Making Head Way in Sport” eLearning Workshop.

### What is a Concussion?

A concussion is a traumatic brain injury caused by a hit or jolt to the head or body. This movement can cause the brain to impact the inside of the skull and trigger swelling on parts of the brain. The swelling and pressure can affect brain function (*Ref: Concussion Information from Respect in Sports*).

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**Reference**

- Canada Soccer Concussion Policy
- Big Country Soccer Association Return to Play Policy (*Ref: BCSA-POL-013*)
- Big Country Soccer Association Remove-From-Sport Protocol Summary (*Ref: BCSA-FORM-003*)
- Big Country Soccer Association Return-to-Sport Protocol Tracking Report (*Ref: BCSA-FORM-004*)
- Big Country Soccer Association Suspected Concussion Report (*Ref: BCSA-FORM-005*)