



Charleswood Youth Soccer Association

Return to Play Policy

In order to ensure the safety and well being of all players when an injury, concussion or possible concussion has occurred a player must be removed from the activity immediately and referred to a qualified health care professional.

Remember that a concussion is a serious brain injury and that a person does not need to have lost consciousness to have had a concussion. Any blow to the head, face, neck or a blow to the body which causes a sudden jarring of the head may cause a concussion. Understand that continuing play with a suspected concussion may increase the risk of more severe, longer lasting concussion symptoms as well as increase the risk of other injuries.

Concussions and other injuries and illnesses must be taken seriously. No match or activity is worth the risk of prolonging symptoms and or further injury.

All players receive as part of their player registration insurance which is specifically designed for sport groups through Sport Manitoba, [link for details](#). Claims can be submitted through the Manitoba Soccer Association: [form](#)

Return to play after an injury:

In order to return to play after an injury requiring professional medical attention a player must obtain a doctor's note clearing them for full contact play and provide that note to their coach.

In case of a minor injury that did not require professional medical attention a player must be able to participate in a full training session without displaying any symptoms or pain prior to a return to regular game play. This is to be determined at the coaches discretion.

Coaches must complete and submit an accident/injury report form for all injuries to the CYSA secretary and include any doctors notes which have been provided.

After an illness:

Following an illness which removes a player from play for a two week period or longer a player must first be able to participate fully in a training session and may see limited game play during their first match back in order to ensure they are given adequate rest and recovery time.

After a known or suspected Concussion:

Following a suspected or confirmed concussion players must follow the [Canada concussion return to play pathway](#) and only fully return to play when all symptoms have been fully resolved.