



Futbol Club Regina

CONCUSSION POLICY

Objectives of the FCR Policy

The policy has been developed to ensure an increased awareness of head injury and concussions and to provide a consistent and reliable message about brain injuries, concussion prevention and treatment.

- It is strongly suggested that at least one member of team personnel complete the free Concussion Management course.
- For more information on the free Concussion Management course, please visit <http://coach.ca/concussion-awareness-s16361>
- An athlete suspected of suffering a concussion must be removed from play immediately and not return to activity until they have followed the six steps of recovery and are symptom free.
- Implement the six steps to recovery if an athlete has been diagnosed with a concussion by following the Concussion Guidelines for Coach/Trainer located on the ThinkFirst website:

http://www.parachutecanada.org/downloads/programs/activeandsafe/Concussion_Guidelines_for_the_Coach:Trainer.pdf

- Players must have documentation from a qualified health practitioner in order to return to play

Source:

Saskatchewan High School Athletic Association (SHSAA). (2015). SHSAA Concussion Protocol.

Retrieved from file:///C:/Users/Admin/Pictures/SHSAA_Concussion_Protocol_final.pdf