



CONCUSSION POLICY

Introduction

This policy is based on the Canadian Guideline on Concussion in Sport published in July 2017. This policy interprets the information contained in the Concussion Protocol Resources for Sport Organizations. This policy lays out the return-to-sport process and checklist for all athletes in the Fundy Youth Soccer Club following a concussion of any severity.

*Note: a concussion is a clinical diagnosis that can only be made by a physician.

General Protocol

Once a concussion occurs and is diagnosed by a physician, use the stages below:

| | Aim | Activity | Goal of Stage |
|----------------|---------------------------|---|--|
| Stage 1 | Symptom-limiting activity | Daily activities that do not provoke symptoms. | Gradual reintroduction of work/school activities |
| Stage 2 | Light aerobic activity | Light intensity jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity. No resistance training | Increase heart rate |
| Stage 3 | Sport-specific exercise | Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity. Low to moderate impact passing, dribbling, shooting, and agility drills. No contact activities | Add movement (side to side, etc.) |



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|----------------|-----------------------------|--|---|
| Stage 4 | Non-contact training drills | Participation in high intensity running and drills. Non-contact practice without heading of any sort. Participation in resistance training workouts. | Exercise, coordination, and increased thinking |
| Stage 5 | Full contact practice | Can only be done following medical clearance | Restore confidence and assess functional skills by coaching staff |
| Stage 6 | Normal game play | | |

Soccer-Specific Return to Sport Outline – Developed by Canada Soccer

| Stage | Activity | Duration |
|-------------------------------|---|---------------------------------|
| 0 Rest | <ul style="list-style-type: none"> - Rest - No activities | 1-2 days |
| 1 Symptom Limited | <ul style="list-style-type: none"> - Daily activities that do not provoke symptoms | Until concussion symptoms clear |
| 2 Light Exercise | <ul style="list-style-type: none"> - Walking, light jogging, swimming, stationary cycling at slow to medium pace - No soccer - No resistance training, weightlifting, jumping, or hard running | 15 mins approx. |
| 3 Soccer-specific Exercise | <ul style="list-style-type: none"> - Simple movement activities (i.e., running drills) - Limit body and head movement - No head impact activities - No heading | 45 mins approx. |
| 4 Non-contact Training | <ul style="list-style-type: none"> - Progression to more complex training activities with increased intensity, coordination, and attention (e.g., passing, | 60 mins approx. |



| | | |
|---|--|--|
| | <p>change of direction, shooting, small-sided game)</p> <ul style="list-style-type: none"> - Begin resistance training - No head impact activities including no heading - Goalkeeping activities should avoid diving and any risk of the head being hit by a ball | |
| <p>Youth (<18 years) and adult student-athletes have returned to full-time school activities at this time. Repeat medical assessment (medical clearance)</p> | | |
| <p>5 Full Contact Practice</p> | <ul style="list-style-type: none"> - Normal training activities (i.e., tackling, heading, diving saves) | |
| <p>6 Game Play</p> | <ul style="list-style-type: none"> - Normal game play | |

***Note:** Concussions vary in severity, some players may progress through stages quicker than others. Please ensure you maintain open lines of communication with your player and parents to track their progress appropriately.