



United Valley Soccer Association

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Key Points for a Suspected Concussion

For Coaches and Referees when Removing a Player from the Field of Play

When dealing with a player who has a suspected concussion, there are three key points that all SAY league officials, coaches, referees and families should follow.

STEP ONE - Coaches, Referees or SAY league officials **MUST REMOVE** from play an athlete exhibiting the signs and symptoms of a concussion during practice or a game.

STEP TWO - The athlete cannot return to play on the same day that he or she is removed after exhibiting symptoms of a concussion.

STEP THREE - The athlete is not permitted to return to play until he or she has been assessed by a doctor or licensed health care provider approved by the Youth Sports organization and received written clearance. Upon SAY National Office or State Department of Health's request, Areas and Districts must be able to produce evidence of compliance with this obligation, including producing a written release. SAY National office strongly encourages Areas and Districts to implement a protocol to ensure compliance with this obligation.

The signs and symptoms of a concussion during a practice that may be observed by a Coach or Referee may include but are not limited to:

1. The athlete appears dazed or stunned.
2. The athlete is confused about assignment and position.
3. The athlete forgets plays.
4. The athlete is unsure of game, score or opponent.
5. The athlete moves clumsily.
6. The athlete answers questions slowly.
7. The athlete loses consciousness even briefly.
8. The athlete shows behavior or personality changes.
(*sadness, nervousness, feeling more emotional*)
9. The athlete cannot recall events before or after the hit or fall.

The signs and symptoms of a concussion that an athlete could report may include and are not limited to:

1. Any headache or "pressure" in head (*How badly it hurts does not matter*)
2. Nausea or vomiting
3. Balance problems or dizziness
4. Double or blurry vision
5. Sensitivity to light and or noise
6. Feeling sluggish, hazy foggy or groggy
7. Concentration or memory problems
8. Confusion
9. Does not feel right
10. Trouble falling asleep
11. Sleeping more or less than usual