

Reston Soccer Concussion Management Policy (adopted 2016)

This policy, adopted by the Reston Soccer Board of Directors, sets forth the requirements for managing concussion injuries among player participants in Reston Soccer's programs and activities.

Objectives:

1. Reduce concussion risks for player participants in Reston Soccer programs;
2. Increase awareness of concussion risks, concussion effects, and their proper management for participants in Reston Soccer programs; and
3. Comply with Virginia State law, which requires youth sports programs utilizing public school properties to establish policies and procedures regarding the identification and handling of suspected concussions in youth athletes.

I. Education about Concussions

A. Reston Soccer shall provide each coach, on an annual basis, information on the nature and risk of concussions, criteria for removal and return to play, and risks of not reporting the injury and continuing to play. The club shall require each coach to sign a statement acknowledging receipt of such information and maintain such record for no less than seven years.

All Reston Soccer coaches must certify completion of the online concussion training and follow-up quiz provided by the Centers for Disease Control at: <http://www.cdc.gov/headsup/youthsports/training>. Returning Reston Soccer coaches must complete this online training on or before April 8, 2016. Each new Reston Soccer coach must complete this online training before running their first practice as a Reston Soccer coach.

B. Reston Soccer shall provide the parents or guardians of each youth participant, on an annual basis, information on the nature and risk of concussions, criteria for removal and return to play, and risks of not reporting the injury and continuing to play. Starting with Fall 2016 registration which

commences online June 1, 2016, each parent or guardian will be required to sign a statement acknowledging receipt of such information and Reston Soccer shall maintain such record for no less than seven years.

C. For purposes of meeting the requirements of this section, Reston Soccer shall provide coaches and parents with the Centers for Disease Control (CDC) concussion fact sheets for coaches and parents found at the CDC “HEADS UP To Youth Sports” website: <http://www.cdc.gov/headsup/youthsports/index.html>. Copies of the fact sheets Reston Soccer will provide coaches and parents or guardians are attached hereto as Appendix A.

D. Reston Soccer is further committed to periodically providing information on concussions to their coaches, players and parents, including meetings, seminars, discussion forums, online resources, handouts and other forms of communication.

II. Head Impact Protocol

A. Reston Soccer hereby adopts the CDC’s Heads Up Concussion Action plan as the protocol to govern procedures for any situation in which a participant in Reston Soccer’s athletic programs or activities (including games, practices, skill sessions and other athletic activities) is suspected of having incurred a potential concussion as a result of a head or neck impact or other impact that could lead to a concussion. A copy of the protocol is attached hereto as Appendix B.

B. In accordance with the protocol if a coach or Reston Soccer volunteer suspects that an athlete has a concussion: (i) the athlete must be immediately removed from the activity to be evaluated for symptoms of a concussion; (ii) the athlete must be evaluated by a licensed healthcare provider; (iii) the athlete’s parents or guardians must be informed about the possible concussion and given the fact sheet on concussions attached hereto as Appendix A; and (iv) the athlete may not be permitted to return to play or any other athletic activity on that day if the player participant exhibits any symptoms of a concussion. Reston Soccer and VYSA policy regarding concussion is: “when in doubt, sit it out.”

III. Return to Play

A. If a player participant in a Reston Soccer's activities is removed from play due to exhibiting symptoms of a concussion, he or she may not return to any athletic activity of the club until a licensed healthcare provider has provided the club with written clearance for the player participant to resume such activities. This provision does not prohibit a player participant from attending games, practices and other activities without participating athletically in such activities.

B. Reston Soccer shall maintain records of medical clearances for seven years. All Concussions must be reported by the player's coach to the Reston Soccer Administrator immediately upon diagnosis by a certified professional. No player can return to action until cleared for action and the Reston Soccer Administrator is notified.

C. For purposes of this policy, a "licensed healthcare provider" means a physician, physician assistant, osteopath physician, or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing. Reston Soccer recommends and encourages players with suspected concussions to see a licensed healthcare professional with significant experience treating concussions, and will provide players, parents and coaches with information concerning licensed healthcare providers in Northern Virginia who have such experience.